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DE GRASSE DE MAN

Canuck takes bronze as Usain bolts ahead

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GETTY IMAGES

PLUS: EXCLUSIVE
CALGARIANS SAY YES TO 2026 WINTER OLYMPICS BID, ACCORDING TO POLL Page 8

Chu questions city bike claims

DOWNTOWN

Councillor doing own research into cyclist traffic

Helen Pike
Metro | Calgary

Is business booming for the businesses along the downtown cycle track pilot, or is it a bust?

For Ward 4 Coun. Sean Chu, also serving as Calgary's deputy mayor, this is important data and he's willing to take to the streets to get to the bottom of what's happening.

"If the city's claiming cyclists shop a lot and make business better I want them to show me that stat too," said Chu. "I'm doing it myself too. I will be going door to door asking people, asking businesses — I'm doing my homework too."

Downtown Calgary's vehicle traffic is down according to the city's 2015 count, but only slightly. And a recent cordon count of the central business district showed there are fewer people travelling to and from the core from previous years.

Bike traffic, as shown last week, is up in the core. Forty per cent more riders are cycling downtown, and according to the city, their stats show new riders using the cycling infrastructure.

But one study yet to be completed by the city's data division is a survey of businesses and downtown patrons to see what the reception, and realities of the cycle track have been.

The city's own study, which collected baseline responses in 2014, is due to be completed in September and presented to council in December.

In other jurisdictions like Vancouver and Toronto, similar studies have shown businesses over-estimate how many customers they are seeing who drive and park to shop.

In a 2009 study of Toronto's Bloor neighbourhood, 90 per cent of patrons were arriving via transit, walking or by bike and another study in the Annex showed 83 per cent were doing the same.

Vancouver and Toronto aren't Calgary, but these surveys are some of the best practices the city has looked at to craft its own.

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metro NEWS
Your essential daily news

First Canadian case of Zika-related anomalies has been confirmed in a fetus.

‘We’ve mixed up our selections’

FOOD FESTIVAL

Taste of Calgary brings restaurateurs together

Mathew Silver
For Metro | Calgary

Taste of Calgary, the city’s biggest outdoor food and beverage festival, celebrated its 20th anniversary over the weekend at Eau Claire Market. According to event producer Jennifer Rempel, about 80 000 people attended the festival between August 11 – 14

The event featured a range of exotic cuisine, from East-African BBQ to Jamaican jerk chicken. Rempel said the variety of different food was no coincidence.

“We’ve really mixed up our food selections this year. So if you’re a regular attendee there are new things to experience this year, but also some of the old favourites that people come back for,” said Rempel.

La Fritanga, a vendor specializing in Nicaraguan-style street food quickly emerged as a fan favourite, while festival staples like Delicious Thai and China Rose continued to draw a crowd.

Rempel was particularly impressed by how the vendors interacted — some compared recipes while others competed to see who could sell more over the course of the four-day festival.

“It brings the restaurant community of Calgary together,” she said.

Karla and Trevor sampled food from Africana, a restaurant specializing in African and Indian cuisines located in northeast Calgary. Karla - Roti with Spinach Curry 4/5. Trevor - Chicken Tikka on a Stick 5/5. MATHEW SILVER/METRO

Erik and McKenzie sampled ‘Cerdo’ from La Fritanga. Head chef Ellery Quintana said his signature dish is marinated for 24 hours, then slow cooked for an additional three. Erik - Credo 5/5. McKenzie - Credo 5/5. MATHEW SILVER/METRO

Maddi and Maddy both enjoyed food from Delicious Thai, a longtime festival favourite. Delicious Thai is located in Kensington and serves noodles, curries, and other Thai staples, along with vegetarian options. Maddi - Chicken Pad Thai 4.5/5. Maddy - Pineapple Curry Beef with Rice 3.5/5. MATHEW SILVER/METRO

Pamela and Kirsten. PZA featured classic Italian cuisine with a modern day flair. All of their pizza was made fresh in an oven on-site. Pamela tried the ‘Gio’ while Kirsten sampled the ‘Johnny G.’ Pamela - Gio 5/5 Pear slices with gorgonzola and mozzarella cheese. Kirsten - Johnny G 5/5 - Salami, pepperoni, house made sausage, tomato sauce and mozzarella cheese. MATHEW SILVER/METRO

One year, 120 pounds off

ACHIEVEMENT

Focus, support help man, now he's giving his all to charity

Aaron Chatha
Metro | Calgary

In March 2015, Calgarian Scott Ramsay was 285 pounds. He worked in an office, ate poorly and didn't get enough exercise.

Now, just more than a year later, Ramsay is down to a healthy 165 pounds and is preparing to cycle 500 kilometres in five days to raise money in support of the Canadian Tire Jumpstart Pedal for Kids ride.

"I went to doctor at 34, I was given some very bad news," he recalled. "I had high cholesterol, high blood pressure and acid reflux. He basically told me, 'If you don't change your ways, you're going to do damage you can't undo. You're going to shorten your life significantly.'"

Ramsay said, before figuring out diet, exercise and all the physical aspects, people need to find a reason to change.

Scott Ramsay, at 285 pounds last year, and at 165 pounds today SUPPLIED; AARON CHATHA/METRO

His was pretty easy — Ramsay didn't want to say a premature goodbye to his wife and four children.

"My mother died at 57. My dad died at 69. They both lived unhealthy lifestyles," Ramsay said. "I don't want that to be me. My mom died when I was 24 — I miss my mom, I miss my dad. I don't want my kids to go through that."

> When he decides he's going to do something, he focuses his gaze and just goes.
> Christina Ramsay

Ramsay's wife Christina said there was always a silent pressure on the family, caused by the poor health and obesity wondering how long until things take a turn for the worse.

"But, Scott's the kind of guy, when he decides he's going to do something, he focuses his gaze and just goes," she said.

The No. 1 question Ramsay is always asked is: How did he do it?

There's no simple answer unfortunately. There's no trick, no switch that other people will hear and suddenly be changed and motivated.

Ramsay knew he wanted a change, so he approached his employer, Mark's, for help. They hooked him up with a nutritionist and personal trainer. From then on, it was a daily dedication to changing bad habits.

In March 2015 he wore size XXL, but by that June he had thrown out everything in his old closet for size Large.

His wardrobe updated a few times as his size went down.

Now he's pedalling for the Jumpstart charity, which helps kids get active and connect through organized sports.

To donate, search for Scott Ramsay on the website jumpstartpedalforkids.ca.

IN BRIEF

Toddler in hospital after surviving two-storey fall

A toddler is recovering in hospital after falling from an upstairs window in Airdrie Saturday afternoon.

Paramedics determined that the child fell through a window screen from a second floor, landing on concrete. The estimated height was four to five metres.

They took the child to the Alberta Children's Hospital in stable condition, suffering from non-life-threatening injuries. METRO

Skydiver dies in accident

A 52-year-old Edmonton man is dead after a skydiving accident near Westlock Saturday afternoon.

RCMP arrived at the airport there just after 2 p.m. when the man was not able to land safely. He was performing what police called a "high-performance technique" during a competition.

Emergency crews arrived quickly, but he was pronounced dead at the scene. Police are still investigating the incident.

METRO EDMONTON

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WILDLIFE

Sabari the rhino making way for pandas

Brodie Thomas
Metro | Calgary

The Calgary Zoo's one-horned rhinoceros will be hitting the road this fall to make way for visitors from China.

Sabari the rhino will be making a permanent move to a yet-to-be named location according to Calgary Zoo spokeswoman Trish Exton-Parder.

"Due to the (endangered) status of one-horned Indian rhinos, we want him to be in a proper breeding program," she said.

The zoo isn't quite ready to say where he's going until it is 100 per cent confirmed, but it's clear Sabari has to go so workers can get started on renovating for the panda exhibit.

Sabari has won over the hearts of zookeepers at Calgary Zoo. Exton-Parder described him as an incredible, personable animal who is almost like a big dog at times.

"He'll come when he's called and he's a little shy," she said.

She said he will be travelling by road — not air — when the time comes to move him. He may be sedated and he will travel in first-class accommodations — well, first class for a rhino.

The zoo made the announcement on social media on Friday. Exton-Parder said they wanted to give patrons time to say goodbye.

"So many people get attached to animals they love here, and its important for us to give people time to come down."

There are no plans to bring Sabari back once the five-year panda exhibit is over. But Exton-Parder said they are already making plans for what animal might take that spot in the Eurasia building.

"At this stage of the game, we're likely planning for orangutans," she said.

David Stephan and his wife Collet Stephan failed to get proper medical treatment for their son who later died of bacterial meningitis. DAVID ROSSITER/THE CANADIAN PRESS

Long appeal expected in toddler case

EZEKIEL STEPHAN

Parents were found guilty after son died of meningitis

The appeal of both the conviction and sentence given to parents who failed to get proper medical treatment for their son before he died of bacterial meningitis could take years, say legal experts.

Justice Rodney Jerke sentenced 33-year-old David Stephan to four months in jail and his wife, Collet, 36, to three months of house arrest in June after a jury found them guilty of failing to provide the necessaries of life.

The Crown is appealing the sentence as insufficient, while the defence is appealing the guilty verdict.

Court heard how the parents treated their 19-month-old son Ezekiel with hot pepper, garlic, onions and horseradish instead of taking him to a doctor, and only called an ambulance after he stopped breathing in 2012.

The Stephans are free on bail under conditions, including that they take their three other children to a licensed doctor or nurse if they are injured or ill.

The appeal of the conviction will be heard first followed by the question of sentencing.

"It's arduous. It's complicated and it's not like a shoplifting appeal that might take a day or two," says Alain Hepner, a longtime Calgary defence lawyer who is not working on the case.

"With the conviction appeal you're likely looking at the fall of 2017. It's already August of 2016."

Lisa Silver, a law professor at the University of Calgary, doubts the first hearing will occur before next fall and the decision will likely be reserved.

"I myself have done very lengthy appeals that have been months and months and months. It takes a long time to do it right," she says, adding that since the Stephans are out on bail the case would be seen as a lower priority.

"They have to deal with all the people who do not get bail and they need to come first. Their cases may be lengthy, their cases may take time and they need to be heard first."

David Stephan says it's "unfortunate" the appeal process will take so long but it's important to fight the conviction.

"It's a very concerning precedent that's been set, that put a lot of parents into a state of fear," he says. "We've had people contacting us from Ontario saying how they're concerned about what's taking place here and they now fear, being parents, making possibly a wrong decision."

Stephan served 20 days of his four-month sentence before he was released pending the appeal and says he was held in protective custody because of threats.

The family had moved to Nelson, B.C., after Ezekiel's death, but bail conditions require them to remain in Alberta. They are now living with his father in the town of Magrath.

"I think life will just kind of continue on as normal — just spending the summer with family." THE CANADIAN PRESS

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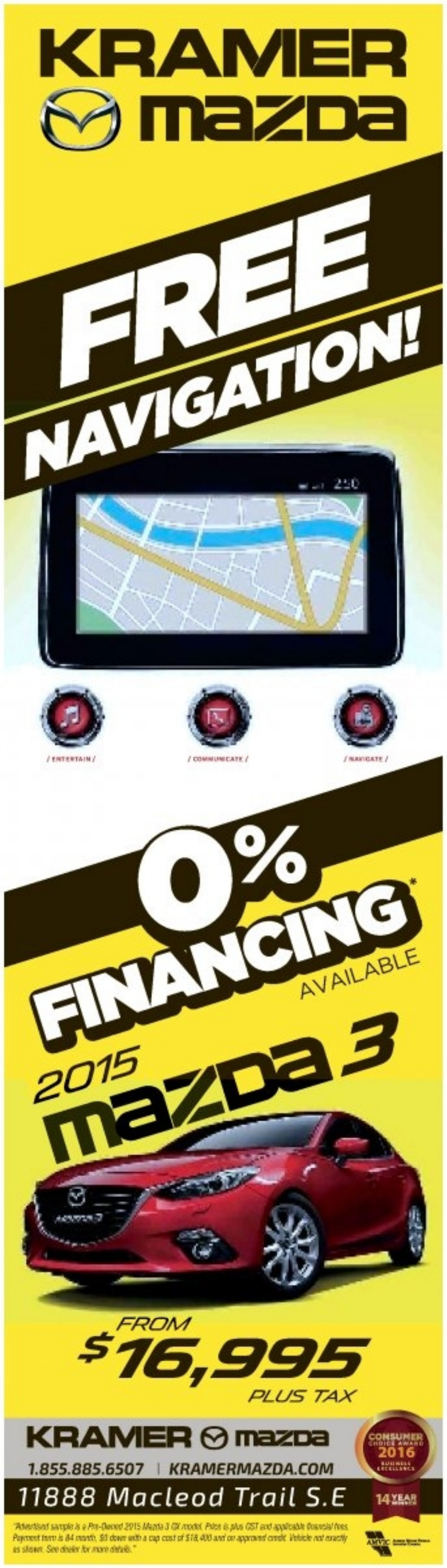
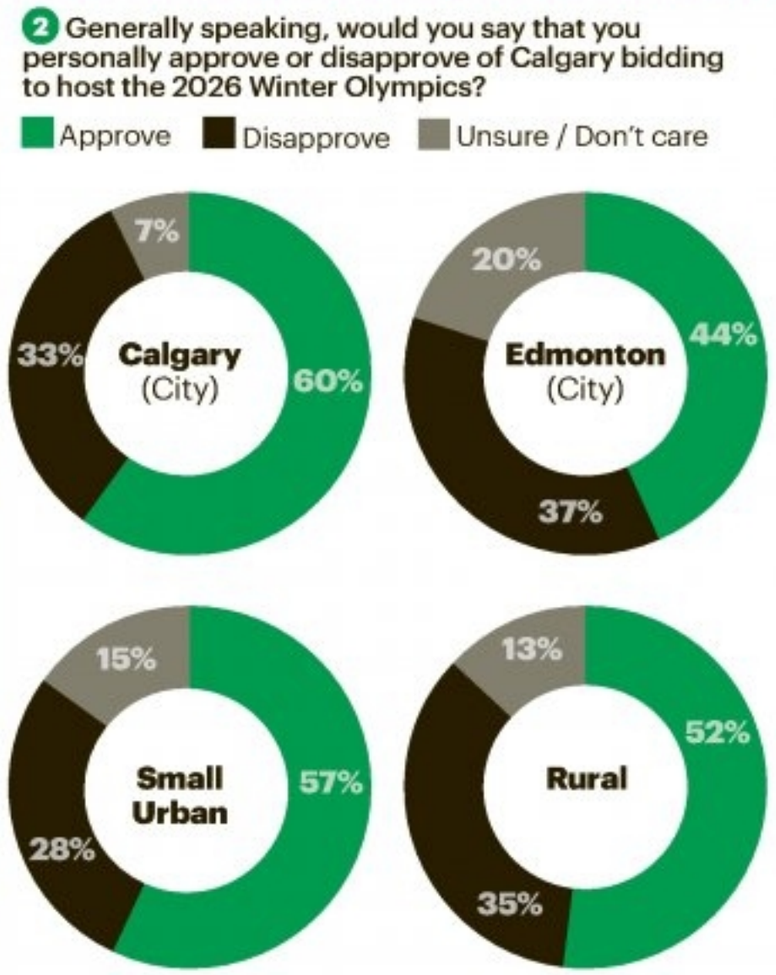


Six in 10 Calgarians support Olympic bid

1 Generally speaking, would you say that you personally approve or disapprove of Calgary bidding to host the 2026 Winter Olympics?

54% Approve | **33%** Disapprove | **13%** Unsure / Don't care

2 Generally speaking, would you say that you personally approve or disapprove of Calgary bidding to host the 2026 Winter Olympics?



POLL

Sport tourism authority to prepare report for council

Brodie Thomas
Metro | Calgary

Calgarians can feel it all right — the Olympic Spirit, that is.

In an exclusive ThinkHQ/Metro poll conducted in the days leading up to the opening of the Rio Games, 54 per cent of Albertans and 60 per cent of Calgarians said they approve of Calgary entering a bid on the 2026 Winter Olympic Games.

"I think that's a pretty good number," said Marc Henry, president of ThinkHQ. "I suspect it's lower than what you would've seen in Calgary's previous bid for the Olympics."

He suspected it would've been a bit higher in the run-up to the Rio Olympics, but thinks people are more aware of the costs now associated with the event.

"It's a different era and I think you're seeing a little bit of that reflected in the results," he said.

When broken down by region, Edmonton showed the least support, but still had more people for than against the idea of a bid.

Henry did not take those numbers as a sign of hostility from Edmontonians but rather caution.

"Maybe they're not as aware of the proposal to go forward with a bid," said Henry.

Provincewide, there is a bit of ambivalence too, since respondents could answer with "unsure" or "don't care."

"You do have one in 10 who are almost oblivious — they don't care one way or the other," said Henry.

While the majority are behind submitting a bid — the city is not there yet.

The Calgary Sport Tourism Authority received up to $5 million from the city to research the pros and cons of entering the bid process. That report will go back to city council, who will give the go ahead to start chasing a bid — or not.

Coun. Ward Sutherland has Canada Olympic Park in his ward. He supported the exploration process, as did all councillors except for Druh Farrell.

However Sutherland wants to see the report before making any decisions.

"My decision will be based on the outcome on the report — if it shows that it's going to cost us a lot of money and we're going to lose money and not get any long-term benefit from it, then there's no way I'd support it."

This online survey utilizes a representative but non-random sample, therefore margin of error is not applicable. However, a probability sample of this size would yield a margin of error of plus or minus 2.8 percentage points at a 95 per cent confidence interval.

To join the Voice of Alberta research panel, visit voiceofalberta.com.

TRACK

Calgary 5K runner ready for Rio race

Lucie Edwardson
Metro | Calgary

Calgary runner Jessica O'Connell is getting ready for the biggest race of her life, Tuesday, while getting acclimatized to Rio and taking in the Olympic experience.

The 27-year-old Calgary native told Metro she and her teammates started their Olympic journey not exactly in Rio, but actually in a camp in the city of Juiz de Fora, three hours outside of Rio.

"It's at about the elevation of Edmonton — lower than Calgary — so our workouts have been flying," she said.

Although not in the Olympic Village, O'Connell said they've still had an Olympian's welcome.

"The city had been extremely generous in welcoming us," she said. "They've provided volunteers to translate and answer questions, police to escort us, and locals have been very helpful sharing their running routes and letting us use bathrooms at small businesses."

O'Connell said being away from the Olympic Village did mean they had to miss the opening ceremonies, but said they made the best of the situation.

"We all dressed up in our uniforms, took pictures on the rooftop of the hotel and then watched as a group in our athlete lounge," she said. "I do think it would have been an amazing moment to walk in the stadium during the opening, but the behind-the-scenes athlete commitment for walking in the ceremonies is about eight hours so I understand why our coaches opted to keep us at camp instead."

Canada's track athletes are prepping for their races in Juiz de Fora, Brazil. CONTRIBUTED

The 5,000-metre competitor who races on Tuesday said she was worried about how she might relax while away, but said she brought plenty of things to help her zen out.

"I was worried about that, so I brought three novels, some work, an adult colouring book, watercolours, and a loaded mp3 player for when I need to escape from the sporting world for a bit," she said. "Can't be too prepared."

O'Connell said she's gearing up and ready to run for Canada. She said the outpouring of support has been amazing. She plans on doing some sight-seeing post-race.

Fort McMurray cat finds a new home

ANIMAL RESCUE

Hagrid adopted from shelter after escape from May fires

Mathew Silver
For Metro | Calgary

Hagrid the cat finally has a home.

After being displaced during the fires that blazed through Fort McMurray in May, the namesake of the Harry Potter character arrived under the care of the Alberta Animal Rescue Crew Society (AARCS) in poor condition.

"He came into us super battered, scars all over his face, but he had just the sweetest demeanour," said Kelsey Scoular, the cat program manager for the AARCS.

It was these qualities that reminded Scoular of the gentle giant from J.K. Rowling's popular novels.

The AARCS hosted the Meow Luau, an emergency cat adoption event at their shelter in northeast Calgary on Saturday and Sunday, and that is where Hagrid was paired with his new family.

Launa, Hagrid's eventual adopter, said that seeing the animals displaced during television coverage of the disaster made her want to help.

I said to my husband, 'I would like to rescue a cat,' but there was no way I was going to go up there. When I went to the event yesterday I said, 'here is my chance.'"

Out of the 70 cats that were up for adoption, 29 of them found homes during the event. AARCS reduced the adoption fee on cats over six months old for the event to $50. Launa said that Hagrid is adjusting to his new home.

"He thinks he has lived here forever."

Hagrid was named after the beloved Harry Potter character, for his ragged appearance and gentle demeanour. CONTRIBUTED

DOWNTOWN

City plans business survey on bike lanes

Helen Pike
Metro | Calgary

In 2014 the City of Calgary did a baseline survey of downtown businesses asking questions to both patrons on the streets and merchants to gather information for city council. The survey will show effects of the cycle track with a before benchmark and comparison after the pilot data-finding period is complete.

Tom Thivener, cycling coordinator with the City of Calgary, said ideas were formulated in his business unit, but ultimately the study is being approved by the city's data experts — who have been kept busy by the city's cycle track pilot's various fact finding missions.

"The city has professional data collectors that do all types of counts and surveys for the city, so they will be performing it," said Thivener.

In the study, two-thirds of downtown businesses will be asked about how many customers they serve a day; which is averaged out. Then, the survey dips into the type of business they are, if they think the cycle track will be good, bad or neutral for business, where people park vehicles and bikes — and other logistical questions about garbage, recycling and loading zones.

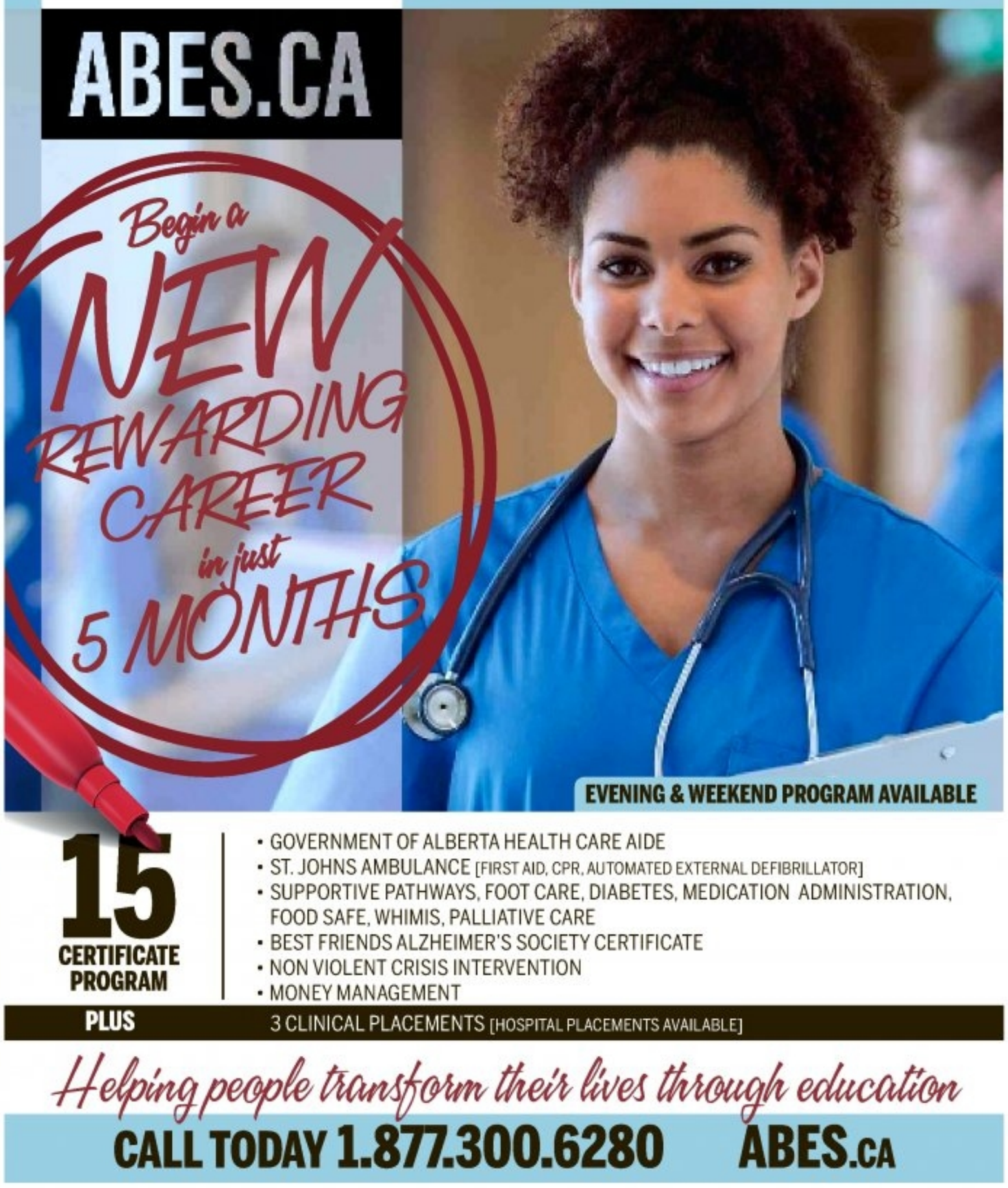
For patrons on the street, surveyors will ask how many days they are downtown, how they got there and where they parked, along with how much money they spend in the downtown.

"In late June our bicycle ambassadors walked along all corridors, and stopped in businesses that were open, and went back if they weren't, they offered the new tips guide and the bicycle and pathway maps, but as well they let everyone know that they talked to there would be an upcoming survey," said active transportation planning lead Katherine Glowacz.

> **They offered the new tips guide and the bicycle and pathway maps.**
> Katherine Glowacz

Results will be compiled for the meeting in December, when councillors decide if the pilot was a success and should, or should not be made a permanent installation.

The city is trying to determine if and how the cycle track is affecting nearby businesses. METRO FILE



Pets put best paw forward at pageant

MARDA GRAS

Dressed to resemble owners at street festival

Aaron Chatha
Metro | Calgary

Charlie the labradoodle has two left paws, so he won't be winning dancing competitions any time soon, but that didn't stop his owner MacKenzie Johnston from putting a Superman cape on his pet for the annual Marda Gras pet pageant.

A powerful jumper, and fierce protector, for nine-year-old MacKenzie, Charlie really is her superman.

"He usually barks when something's going bad, or once when the cleaners came in the door he started growling and barking because he didn't know they were supposed to be there," she laughed.

The pageant, held at the yearly street festival in Marda Loop, brought owners and pets together in elaborate ways. The winner of the pageant, Sassy the toy poodle, dressed in a colourful, matching outfit with her owner Brandy Obeirne.

Rose the bull terrier and her owner Rider Molyneux, front, took second place, while Sassy the toy poodle and her owner Brandy Obeirne took first place, back. AARON CHATHA / METRO

In second place was Rosie, the bull terrier, who dressed in a Toronto Blue Jays jersey. His owner, young Rider Molyneux, wore his jersey on stage too.

"Sometimes she likes to cuddle with me while we watch the Blue Jays game and I thought she would like to dress up like that," he said.

MacKenzie Johnston trusts her furry protector, Charlie, who donned a very appropriate Superman costume for the pageant. AARON CHATHA / METRO

Olivia Nannan brought her princess, a habanese named Belle, in an outfit made from an old Indian dress.

Although they didn't win, her mom, Nerinder Nannan, said she's found a new passion making clothes for their dog — and it's a way to show off their culture too.

Calgarian blasts off to space school

SCIENCE

Nick Yee set to join a very exclusive club

Aaron Chatha
Metro | Calgary

Nick Yee said his programming knowledge, which isn't actually a program requirement, will be one of the cornerstones of his success. AARON CHATHA/METRO

Calgarian Nick Yee is going to space (school).

The Calgary programming teacher at Lighthouse Labs has been accepted into the prestigious International Space University in France. Founded in 1987, notable alumni have gone on to work for the ESA and NASA. The school chancellors have included science fiction author Arthur C. Clarke and most recently astronaut Buzz Aldrin.

Yeah, it's pretty cool.

Yee is going to get his Master of Space Studies but he's floating on by with the bare basics — Yee plans go use the knowledge to get better acquainted with a career in health technologies, and his coding skills will be a cornerstone of his skill set.

"In the future, in my career, it's going to be an extremely useful skill to have, especially since I'm going to be working in research," Yee explained. "We won't get as much funding, so we have to build things on our own. So, it's good to know how different web technologies and software work and inter-communicate."

Although Yee won't be going into space himself, the technologies built and tested through space travel have very grounded, important uses right here on Earth, and that's where Yee's interests lie.

He said there's more open data out there than ever before, and going forward more and more people should be picking up necessary programming skills, as working with different data and software will become important in a number of different industries.

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Iraqi refugees fared worse, study shows

IMMIGRATION

Lessons from Iraqi experience being applied to Syrian program

Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program.

The 19,427 Iraqis who arrived between 2009 and 2014 faced numerous barriers, including the trauma of the war, greater medical needs and a lack of English and French compared to others, the study found.

The data offer insight into what lies ahead for the nearly 30,000 Syrian refugees who have arrived since November, because the demographics of the two groups share some similarities, researchers say.

But the study also reveals that the groups settling Syrians last fall and earlier this year reported many of the same challenges that had already been encountered during the Iraqi experience.

The surge of Iraqi arrivals strained resources, while the complexity of the cases made it hard to provide the right support, researchers were told.

Refugees also received little information about what to expect when they arrived and struggled to find affordable housing on income supports that didn't cover the high cost of living in urban centres, the study found.

The Immigration Department said it applied some lessons from the Iraqi experience to the Syrian program.

Those lessons included improving communication with sponsorship groups, expanding the number of cities receiving government-assisted refugees and the use of international agencies to help in resettlement.

A more material change for the refugees, however, was an increase in the maximum amount of income support a family is eligible to receive — $50,000 as of May, up from $25,000.

Syrians also arrived in a different context: There was more public attention, including groups actively stepping up and offering jobs, language classes and even private-sector support to help cover housing costs.

And though Iraqis were older and better educated than Syrians, they were also arriving just as the global economy began melting down, likely making job prospects harder in the short term, said Jennifer Hyndman, director of the Centre for Refugee Studies at York University.

THE CANADIAN PRESS

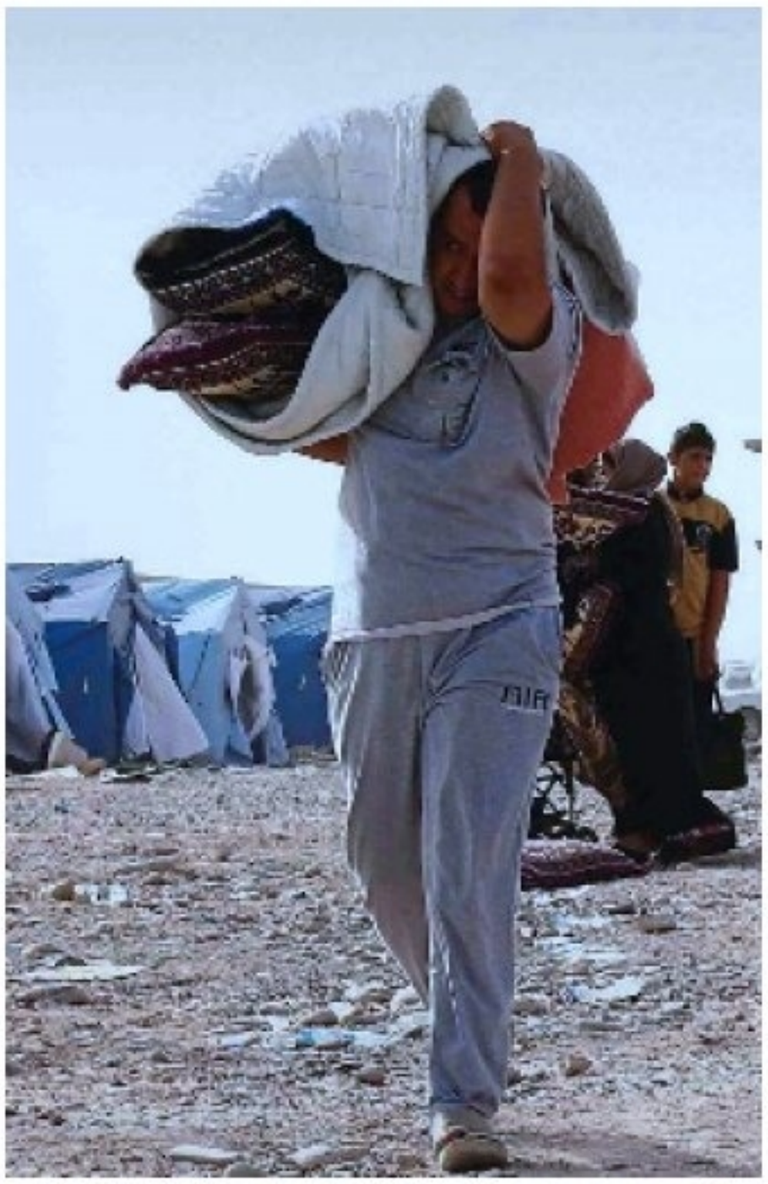
BY THE NUMBERS IRAQI REFUGEES

19,427	8,340
Number of Iraqi refugees resettled in Canada between 2009 and 2014	Number of those who were government assisted.

BY THE NUMBERS SYRIAN REFUGEES

29,713	16,129
Number of Syrian refugees resettled in Canada since Nov. 4, 2015	Number of those who are government assisted.

IMMIGRATION DEPARTMENT REPORTS



Iraqi refugees from Mosul arrive at a refugee camp outside Irbil in 2014. THE CANADIAN PRESS/THE ASSOCIATED PRESS

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Muslim tour to break down barriers

COMMUNITY

Mission focuses on education as well as thanks

Ryan Tumilty
Metro | Edmonton

The first thing Omer Ahmed wants his fellow Canadians to know as he travels across the country is how thankful he is.

The second thing he wants them to know is that not everything they hear about Islam is accurate.

Ahmed is part of the Ahmadiyya Muslim Community and is touring the country as part of a goodwill tour, called Mobile Muslims, marking the 50 years the community has been in Canada.

Visiting communities all over the country was their way of thanking Canada for taking in the first members of the community 50 years ago as refugees from Pakistan and giving them the freedom to practise their religion.

"We wanted to go coast to coast thanking Canada, meeting as many people as possible," he said in front of the group's trailer.

With a near constant barrage of bad news stories linking Islam with terrorism and violence, Ahmed said they also wanted to clear up some of the misconceptions about his faith.

The group travelled through Eastern Canada beginning in St. John's and travelling through to Toronto, before heading out on a Western Canadian trip that has taken them through Northern Ontario, Manitoba, Saskatchewan and now Alberta over the last 14 days.

Dr. Mohyuddin Mirza, with the local Ahmadiyya community, said the tour helps break down misconceptions and sets up a mutual level of respect.

"If the misunderstandings are removed than it can be the start of a good relationship."

Omer Ahmed and Dr. Mohyuddin Mirza stand in front of the Mobile Muslim trailer in Edmonton on Sunday, which Ahmed has used to travel across Canada. RYAN TUMILTY/METRO

Feds prepare for U.S. election outcome

The Canadian government has begun a wide-ranging exercise to plan for the potential effects of the American election, including the possibility of a President Donald Trump threatening to scrap the North American Free Trade Agreement.

The government is mapping out a complex array of outcomes for various results including a Democratic presidency; a Republican presidency; and either a Congress where both parties split power, or one dominates.

The process involves the embassy in Washington, Canada's dozen consulates in the U.S., numerous federal departments, and it is being centrally co-ordinated by the ministers on the cabinet committee for Canada-U.S. relations.

"If I tried to show you an organizational chart it would take up an entire wall," Canada's ambassador to the U.S., David MacNaughton, said during an interview in his office overlooking Capitol Hill.

Some issues will be deeply affected — the ones where U.S. parties disagree. Climate change is an obvious example.

"We have to be well-prepared for any eventuality," MacNaughton said. "And we have to be realistic about what the opportunities are and what the problems are going to be." THE CANADIAN PRESS

Pokémon Go part of exercise routine

Wanyee Li
Metro | Vancouver

Convincing people to work out can be a difficult task, especially when they are busy playing Pokémon Go on their phones.

But one B.C. trainer is taking a if-you-can't-beat-them-join-them approach and incorporating Pokémon Go with strength training classes.

"Over 60 per cent of the students play," said Owen Chau, owner of AMPfit, a strength training gym in Richmond.

"It just felt natural to do a class where they can focus on doing a little bit of exercise that isn't just walking while having fun with the game as well."

Every Saturday afternoon, Chau's students arrive at the gym, strap on their phones, open the Pokémon Go app, and start working out. Pokémon Go trainers must walk a certain distance to hatch eggs in the game, which eventually turn into Pokémon, explained Chau.

By incorporating the game with weight training exercises, students can increase their fitness and hatch Pokémon at the same time.

Students have fun with the sled while strength training with Pokémon Go during Ampfit's Sweaty Saturdays. WANYEE LI/METRO

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Muslims fearful after imam slaying

NEW YORK

Friends say shooting of mosque leader a 'hate crime'

The daylight slaying of a mosque leader and his associate set off fear and anguish Sunday among Bangladeshi Muslims in a New York City neighbourhood, with some saying the killings appear to be an anti-Muslim hate crime. But police said there is no evidence so far to support that.

Police hunted for the gunman who killed Imam Maulama Akonjee, 55, and Thara Uddin, 64, near the Al-Furqan Jame Masjid mosque in Queens as they left afternoon prayers Saturday in their traditional religious attire. Both men were shot in the head.

"This was a hate crime. One hundred per cent, there's no doubt about it," said Monir Chowdhury, who worshipped daily with the two men.

He said he had moved to the community because of its large Bangladeshi immigrant population, but in recent months has been harassed by people shouting anti-Muslim epithets. In one incident, a man called him "Osama" as he walked to the mosque with his three-year-old son. With the killer still on the loose, Chowdhury decided it would be best to drive to prayer services.

Police released a sketch early Sunday of a dark-haired, bearded man wearing glasses. Police said witnesses described the shooter as a man with a medium complexion.

Investigators said they have not established a motive. On Saturday, Deputy Insp. Henry Sautner said there was "nothing in the preliminary investigation to indicate that they were targeted because of their faith." Akonjee was carrying about $1,000 in cash that was not taken during the shooting, police said.

On Sunday, neighbours in the Ozone Park section were skeptical of what police had found so far.

Chowdhury said he has felt the mood in the neighbourhood change drastically in the last few months and accused presidential nominee Donald Trump of spreading anti-Muslim rhetoric.

Trump's campaign said in a statement that it was "highly irresponsible" to blame a political candidate for the violent attacks.

Mashuk Uddin just couldn't believe it was true, shaking as he heard the news that his brother, Thara, had been gunned down.

Naima Akonjee, 28, one of the imam's seven children, said her father was a caring man who would call her just to check up on whether she had eaten properly.

THE ASSOCIATED PRESS

Maulama Akonjee
THE ASSOCIATED PRESS

WEATHER STORM WREAKS HAVOC ON LOUISIANA This image shows flooded areas in Denhamp Springs, La., on Saturday. Louisiana Gov. John Bel Edwards says more than 7,000 people in south Louisiana have been rescued from homes, vehicles and even clinging to trees as a slow-moving storm hammers the state with flooding. A National Weather Service meteorologist says the low-pressure system that drenched south Louisiana has moved into Texas. THE ADVOCATE VIA THE ASSOCIATED PRESS

PAWTUCKET, RHODE ISLAND

'Sick of Scandals' ticket on ballot

A candidate trying to unseat the incumbent mayor of Rhode Island's fourth-biggest city isn't a Democrat or Republican.

John Arcaro declares himself a member of the "Sick of Scandals" movement, and state election officials are allowing him to include the phrase on the ballot next to his name.

Arcaro said he came up with the idea to get corruption-weary Pawtucket residents behind his candidacy.

He also believes the phrase has universal appeal, not just in a small state with a history of cronyism.

"We obviously have a very notorious reputation," Arcaro said. "But the opportunity's pretty much everywhere, or the conditions to be corrupt and so forth."

Arcaro said he was partly inspired by New York's Rent is Too Damn High Party, whose founder attracted wide attention for his populist campaigns for governor and other offices.

Independent candidates who don't belong to a registered party in Rhode Island can declare a political principle on their candidacy forms. It's included on the ballot if it's no more than three words and doesn't mention any of the state's official parties: Democratic, Republican and Moderate.

Candidates in states with stricter ballot rules have gone as far as legally changing their names to show their experience or what they stand for. One accountant, for instance, changed his name to Robert Mead C.P.A. and was elected as Kentucky's state treasurer in 1987.

There's also some local precedent for Arcaro's designation. Of the three candidates running for Rhode Island's lieutenant governor in 2010, one ran on the "Hour With Bob" ticket, after the candidate's TV show. Another ran on the "Cool Moose" ticket, a reference to Rhode Island's now-defunct Cool Moose Party.

The third candidate, a Democrat, won. THE ASSOCIATED PRESS

NIGERIA

Some Chibok girls killed in airstrikes: Boko Haram

Some of the abducted Chibok schoolgirls have been killed by Nigerian military airstrikes, according to a new video from Boko Haram. The video shows one victim pleading for authorities to bow to the extremists' demands that they release detained militants in return for the girls. It's not clear how many schoolgirls have died. The video also shows a militant warning that if President Muhammadu Buhari's government battles Boko Haram with firepower, the girls won't be seen again. THE ASSOCIATED PRESS

COURTS

Fines for military evictions

Two housing companies have been fined for illegally evicting military service members and their families from rental homes in Southern California.

In a settlement with the Department of Justice, Lincoln Military Property Management and San Diego Family Housing agreed to pay $260,000 in penalties and fines covering four improper evictions that took place between 2008 and 2013, the San Diego Union-Tribune reported Sunday.

The companies also agreed to pay $252,000 in fines and fees under a settlement with California authorities.

> **If they don't know the laws protecting troops or decided to ignore them, that's beyond forgiveness.** Brittany Marks, Lincoln resident

The settlements covered 17 troops in San Diego County and one in nearby Orange County who were evicted for not paying rent.

State and federal laws ban eviction when active-duty military can't appear in court because of their duties, such as a deployment, and don't have a lawyer.

In a joint statement, the companies said they have taken actions to address the problem. Lincoln Military said it manages 36,000 military homes across the country while San Diego Family Housing is a partnership between Lincoln and the Defence Department.

THE ASSOCIATED PRESS

CYPRUS

One dead, one wounded in knife attack at resort

A British man was fatally stabbed and another Briton wounded during a pre-dawn knife attack at Cyprus' coastal resort of Ayia Napa, Cypriot police said Sunday.

The two Britons, both 22, were attacked while they were walking down a busy street by two knife-wielding men shortly after getting into a shoving match with one of them, police said.

THE ASSOCIATED PRESS

CALIFORNIA

A thousand flee as fire destroys homes

Flames racing through dry brush destroyed at least four homes and forced more than 1,000 people to flee a northern California lake community that was evacuated in a devastating wildfire last year.

Authorities ordered about 1,200 residents to leave 500 homes as the blaze surged south of the town of Lower Lake. The wildfire spread to more than five square kilometres by early Sunday, and crews faced hot weather and little cloud cover as they tried to get a handle on the flames burning largely out of control.

"The fire activity could change in a moment's notice right now," said Suzie Blankenship, a spokeswoman for the California Department of Forestry and Fire Protection.

The fire was throwing embers and spreading rapidly because of parched conditions brought on by the state's historic drought, officials said.

THE ASSOCIATED PRESS

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SWITZERLAND

Train attacker dead

The man who attacked passengers on a crowded Swiss train with a knife and burning liquid died of his wounds Sunday, as did one of his victims, a 34-year-old woman, Swiss police said. Three others remain hospitalized with serious wounds.

Police are still searching for a motive but said there's no indication the suspect, identified only as a 27-year-old Swiss man from a neighbouring region, had ties to extremist groups.

A 43-year-old woman, a six-year-old girl and 17-year-old girl remained hospitalized Sunday with serious injuries, one in critical condition, St. Gallen canton (state) police spokesman Hans-Peter Kruesi said. A 17-year-old youth and 50-year-old man wounded in the attack have been treated and released, he said.

Kruesi said all the victims lived in the St. Gallen canton.

Swiss police searched the suspect's home after the Saturday afternoon attack on the train as it neared the station in Salez, close to the Liechtenstein border. Kruesi would not comment on what evidence was seized at the home, but said "so far there are no indications this was a terrorist or politically motivated crime."

Police were not able to question the suspect before he died, Kruesi said, adding that the man had no criminal record and was not previously known to police.

According to a video of the attack evaluated by police, the assailant acted alone, attacking passengers on the train between Buchs and Sennwald with a knife and then burning liquid, which is now being analyzed by a police forensics team. THE ASSOCIATED PRESS

U.S. government declares Flint's water crisis is over

EMERGENCY DECLARATION

Michigan now bears full cost of ensuring clean supply

A U.S. federal emergency declaration over Flint's lead-tainted water crisis ended Sunday, but Michigan state officials said work continues to fix the drinking water system and provide services to city residents.

The end to the declaration means the state now bears the full cost of bottled water, filters and other water supplies. Federal resources, health programs and monitoring efforts will continue.

U.S. President Barack Obama in January signed the emergency declaration as Flint's crisis came to a head, after tests showed elevated levels of lead in the blood of some children.

On Thursday, Virginia Tech researchers who exposed the lead problem gave an upbeat assessment of the city's water quality. Still, environmental engineering expert Marc Edwards urged residents to drink only filtered tap water or bottled water while the system heals.

State officials say community water resource sites where residents can get bottled water, water filters, replacement cartridges and at-home water testing kits remain open in all nine city wards.

"Until the water meets quality standards, we will provide water supplies to Flint water system customers at the water resource sites," said state police Capt. Chris Kelenske, deputy state director of Emergency Management and Homeland Security.

> **Until the water meets quality standards, we will provide water supplies.** Capt. Chris Kelenske

Under the presidential declaration, the Federal Emergency Management Agency has been providing water resource assistance under a 75 per cent federal and 25 per cent state cost-sharing agreement.

Officials say that aside from Michigan taking on additional costs, Flint residents will not notice any loss of emergency services. THE ASSOCIATED PRESS

BY THE NUMBERS

Supplies distributed to Flint water system customers since Jan. 9:

- More than 2.2 million cases of bottled water
- More than 130,200 water filters
- More than 287,000 replacement cartridges
- More than 52,600 at-home water testing kits

SYRIAN REFUGEES CHILDREN LINE UP FOR AID Syrian children, who fled with their families from the village of Hawsh Nasri in Duma, queue to receive aid from an NGO in the village of Shaffuniya in Ghouta, east of the capital Damascus, on Saturday. Syria's conflict erupted in March 2011 and has since killed more than 290,000 people and drawn in world powers on all sides.
AFP/GETTY IMAGES

VIOLENCE

Suspected rebels kill 36 civilians in Congo

Suspected rebels have killed at least 36 people in northeastern Congo, spurring residents to stage street protests against the ongoing violence, officials said Sunday.

Allied Democratic Forces, with origins in neighbouring Uganda, likely carried out the attack late Saturday after the army pushed them from their bases, said Congo army spokesman Gen. Richard Kasonga.

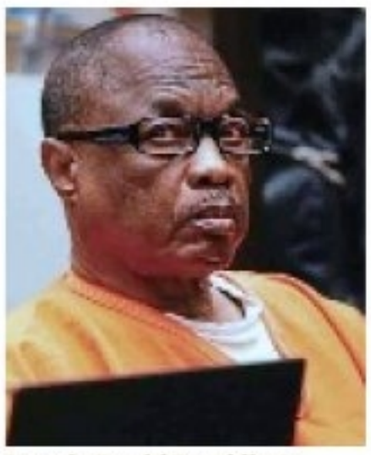
"Two days ago we won back their positions in Mwalika about 30 kilometres from Beni and we destroyed their underground dwellings," he said. "In their flight they killed at least 30 civilians in Rwangoma."

The bodies of 22 men and 14 women are in the morgue and the toll is likely to rise, said North Kivu provincial governor Julien Paluku.

The area around Beni has been the site of repeated attacks. The ADF rebel group has killed at least 500 civilians since 2014. THE ASSOCIATED PRESS

SERIAL KILLER

'Grim Sleeper' leaves a bigger mystery



Lonnie David Franklin Jr.
AFP/GETTY IMAGES

The death sentence of the "Grim Sleeper" serial killer last week put to rest a case that spanned more than three decades, but it left another mystery wide open.

Police are still trying to identify 33 women whose snapshots were found in Lonnie Franklin Jr.'s home after his arrest.

The images were part of a chilling discovery of nearly 1,000 photos of women or teenage girls — many nude and some who appeared to be unconscious or dead — hidden in Franklin's house. The collection included photographs of several victims, which leads police and prosecutors to believe Franklin left behind many more.

Detective Daryn Dupree said Franklin is one of the most prolific killers and could have killed as many as 25 women from the late 1970s until his arrest in 2010. That includes the period of 1988 to 2002 when police originally thought the killer took a break — an apparent hiatus that helped coin his nickname.

"I don't think he stopped because he was getting away with it," Dupree said. "I think he slowed down, but I don't think that big gap was as much as we thought it was."

Franklin, 63, was sentenced to die Wednesday for murdering nine women and a 15-year-old girl in South Los Angeles. Prosecutors outlined evidence of three additional slayings he wasn't charged with and two other women who went missing and they suspect he killed.
THE ASSOCIATED PRESS

Family members of Sylville Smith and others gather in Milwaukee on Sunday where he was shot and killed by police. The killing Saturday touched off arson and rock-throwing. JEFFREY PHELPS/THE ASSOCIATED PRESS

Chief reveals black officer shot suspect

WISCONSIN

Man whose death touched off riots had gun, say police

The black man whose killing by police touched off rioting in Milwaukee was shot by a black officer after turning toward him with a gun in his hand, the police chief said Sunday, as Wisconsin's governor put the National Guard on standby against any further violence in the city.

Police Chief Edward Flynn cautioned that the shooting was still under investigation and authorities were awaiting autopsy results, but that based on the silent video from the unidentified officer's body camera, he "certainly appeared to be within lawful bounds."

Mayor Tom Barrett said a still image pulled from the footage clearly showed the gun in 23-year-old Sylville K. Smith's hand as he fled a traffic stop Saturday.

"I want our community to know that," Barrett said. But he also called for understanding for Smith's family. "A young man lost his life yesterday afternoon," the mayor said. "And no matter what the circumstances are, his family has to be hurting."

Flynn declined to identify the officer who shot Smith but said he is black. The police chief said he wasn't sure what prompted the stop but described Smith's car as "behaving suspiciously."

After watching the officer's body camera footage, Flynn said the entire episode took about 25 seconds, from the start of the traffic stop until shots were fired. He said Smith ran "a few dozen feet" and turned toward the officer while holding a gun. THE ASSOCIATED PRESS

ALABAMA

Six people die in charter plane crash

Six people died when a small aircraft flying from central Florida to Oxford, Miss., developed engine problems and crashed Sunday morning while trying to land in Alabama, authorities said.

A pilot issued a distress signal around 11:10 a.m. Sunday, and the aircraft went down moments later short of a runway at Tuscaloosa Regional Airport, Northport Mayor Bobby Herndon said during a joint news conference with Tuscaloosa Mayor Walt Maddox.

Firefighters made it to the site within three minutes of the crash but were unable to save any of the six people on board, Herndon said.

"They did everything they could," he said.

A statement from the Federal Aviation Administration said the Piper PA-31 departed from Kissimmee Gateway Airport and went down in trees while approaching the Tuscaloosa airport.

Tuscaloosa police Lt. Teena Richardson said the aircraft had a final destination of Oxford but developed engine problems. It wasn't immediately clearly whether the stop in Tuscaloosa was planned before the engine trouble occurred, she said.

FAA records showed the twin-engine aircraft was manufactured in 1984.

The names of victims were not immediately released. But online aircraft records showed the aircraft was registered to a private airplane charter company which shares an address with a dental office in Oxford, the home of the University of Mississippi.

The National Transportation Safety Board will investigate the crash. THE ASSOCIATED PRESS

TEXAS

Man turns in mom who allegedly killed her kids

Two children were found dead under a neighbour's house in Houston, Texas on Sunday after their mother matter-of-factly told someone helping her move that she had drowned them in a bathtub, authorities said.

The 30-year-old mother was in custody and not yet charged but "all indications are she is the one who acted alone" in the deaths of her seven-year-old son and five-year-old daughter, Houston police spokesman Kese Smith said.

She was turned in to police by the acquaintance, who came upon her throwing away trash in a field, where she allegedly told him she needed help moving right away.

When the man asked about her kids, she calmly said she had killed them, Smith said.

He drove her to a nearby police precinct and flagged down an officer, Smith said.

The mother apparently tried burying the children at first but put them under a neighbour's house when that proved too difficult, Smith said.

State child welfare officials have previously visited with the family, said Tejal Patel, a spokeswoman for the Texas Department of Family and Protective Services.

She said she could not disclose the nature of those visits but said a "top to bottom review" of the family will be done. THE ASSOCIATED PRESS

RUSSIA

Russian lawmaker's son to face hacking trial in U.S.

Prosecutors describe Roman Seleznev, son of a Russian lawmaker, as a master hacker who orchestrated an international scheme resulting in $170 million in fraudulent credit card purchases.

In a federal jury trial this week, they will argue he hacked into restaurants in Washington state, and stole credit card information, selling it on internet forums for millions. His lawyers plan to argue that prosecutors have failed to adequately connect Seleznev with the hacks. THE ASSOCIATED PRESS

Skeeters celebrated in small town of Berezniki

At this weekend's Russian Mosquito Festival in the town of Berezniki, 9-year-old Irina Ilyukhina won the "tastiest girl" category with 43 bites to show for berry-picking in the forest with her mother.

Unusually hot and dry weather has depleted the number of mosquitoes this year. Organizers had to cancel the mosquito hunt, where participants try to collect as many of the insects as possible in jars. THE ASSOCIATED PRESS

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Monday, August 15, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

A bank teller in her 20s called me "Honey," Sweetie," and "Cutie" in the course of a single interaction. I'm in my 50s. I think this is disrespectful. What do you think?

Dear Ellen,

I was at a TD bank recently, where a woman in her mid- to late-20s was my teller. I am in my 50s. She called me "Honey" ("What denominations do you want, Honey") and then "Sweetie" ("Anything else, Sweetie?") and then said, "Thanks, Cutie." I said nothing. But, oh, how I thought about saying a lot. She was incredibly nice, and clearly good at her job. She (or someone there) must believe this is good customer relations. It's not.

Thoughts?

Insulted

Dear Insulted,

The TD teller is not the only culprit. Despite the fact that many of us Boomers still dress like teenagers, carefully colour our hair, and assiduously remedy (to varying degrees) any signs of aging on face or body, young'uns worldwide still seem to perceive us as "elderly" — and patronize the hell out of us.

The irony is annoyingly obvious. The generation that grew up on a mantra of "Don't trust anyone over 30" is now being treated as if WE are over 30!

Admittedly, when I was young, I viewed people older than myself as invisible, irrelevant, uninteresting and unimportant. So you might say I'm getting my just deserts.

The generation that grew up on a mantra of 'Don't trust anyone over 30' is now being treated as if WE are over 30!

As a Boomer, however, I reserve the right to instruct every succeeding generation on how to think and act. As my own dear mother, God rest her soul, used to say: Do as I say, not as I do. (Naturally, I dismissed most of her wisdom while she was alive. But it's surprising how much of it I remember and use now.)

So, dear Insulted, I completely agree that you are right to feel offended at being called "Honey," "Sweetie," and "Cutie." I myself tend to get called "Dear" and am now wondering why I never get called "Cutie." But I digress. My point is that it's wrong, disrespectful and rude to address anyone older than yourself as if they were a child, or in any way incapacitated.

This obviously applies to young-looking, vibrant, age-defying Boomers such as me and (presumably) you. But it also applies even if the person you are addressing is a senile, drooling centenarian in diapers. Yes, you are allowed to yell if they can't hear, spoonfeed them if they can't eat properly, dress them, lead them or carry them as necessary. You may also speak more slowly and clearly than you usually do, talk of childish things, and patiently repeat answers to inane questions ad nauseum.

But your mode of address must at all times remain properly courteous. Use their name, as you would with any contemporary. Banish all those condescending epithets from your vocabulary forever more. Speak to us old folks as equals, please, allowing us to retain whatever dignity we can in our declining years.

And hope to hell the next generation treats you with equal respect.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

If a change of heart is genuine, does it matter how or why it happened?

What does it take to change a mind?

Also: what should it take?

In Ontario, the arrival of a new sexual education curriculum last year revealed a minority and predominantly religious population staunchly opposed to aspects such as teaching diverse sexual identities, or really much about sex at all. Among them, Catholics.

And among Catholics, Angela Kennedy. But the chair of the Toronto Catholic School Board did an about-face on the issue this summer. After learning her son had been sexually abused as a boy, after he said a dispassionate and basic grounding in sex ed may have helped him recognize the abuse as such, after facing pressure from her other six boys and taking another look at the curriculum, Kennedy changed her mind.

The media widely reported her story, and some criticized her for needing a personal experience to "see the light," as it were. Then there's the question of Catholic backlash.

In an interview for my Nth Wave podcast, Kennedy described a fallout far more nuanced and surprising than one might expect. Instead of an onslaught of Catholic outrage, she's been receiving an outpouring of gratitude.

"There have been some negative comments, but it feels like 10 per cent are negative and 90 per cent are positive," she told me. So some Catholics were yearning for someone like them to support the curriculum? I asked.

"They were!" she said. "The principals at the schools are saying thank you, thank you, now we're OK to talk about this with our parents."

It's a sentiment that surprised her — how could her change be so freeing for others? But it has been, a fact that polling might help explain. A Forum Research poll conducted around the time of Kennedy's reversal found that 61 per cent of Catholics supported the curriculum.

Of those opposed, some have called for Kennedy's resignation. Others have taken one-on-one meetings with her in attempts to change her mind, again. She's tells them the same thing: "You should talk to parents, tell them to embrace the curriculum, and suggest that they stay close to their children and teach them the values that they want them to have." (Not a uniformly well-received response.)

Kennedy remains shocked at how silent the curriculum's supporters had been until she changed her mind. It makes her wish she'd done it sooner. But it wasn't easy: months in the making, under pressure from those she loved, in the face of political risk.

We may not like what it takes to change some minds. But among many of Toronto's Catholics, it appears to be well worth it.

Hear Rosie's talk with Angela Kennedy on 'Nth Wave': metronews.ca/podcasts

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Obesity may age the brain by 10 years, according to U.K. researchers

Flesh out the facts about meat

DIET

There's a new health enemy No. 1, but is it really that bad?

Sugar, salt, saturated fat. They've all had their turn in the spotlight, with studies and media reports vilifying each one for chipping away at your lifespan or increasing your risk of one disease or another.

But the latest headlines point the finger at a different health enemy: Meat.

"Eating more animal protein increases risk of death, plant protein reduces it," warned a CBC story in August, following the highly publicized release of a large U.S. study. "Meat in Modern Diet, Just as Bad as Sugar, Correlates with Worldwide Obesity," reads the headline of a research paper published earlier this summer. And last year, the World Health Organization's cancer agency classified processed meat like ballpark hotdogs and greasy bacon as a cancer-causing carcinogen, while declaring red meat such as beef, veal, pork, lamb and mutton as a probable carcinogen to humans.

"People want to blame something for their s----y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates. That's just human nature," says Abby Langer, a Toronto-based registered dietitian.

There is, it seems, a war on meat — but the reality is more nuanced than the headlines.

> **People want to blame something for their s----y health, and their s----y diet. Now it's meat. Before it was sugar. Before it was carbohydrates.**
>
> Abby Langer, a registered dietitian

Much ado about meat

Criticism of a meat-based diet often focuses on environmental and ethical arguments, with food researchers and vegans alike highlighting everything from unnecessary cruelty to animals to the dire environmental impact of meat production.

In recent years, however, the dialogue has shifted, focusing more narrowly on the personal health impacts of our steak-craving, burger-guzzling Western culture.

As Hillary Clinton trotted along the campaign trail earlier this year, her husband was doing the same — lauding not only his wife's presidential ambitions, but also something else close to Bill's heart: His nearly meat-free diet. Adopting a mostly vegan lifestyle amid his ongoing heart troubles "changed my life," the former president told the media at a campaign pit-stop in Las Vegas in February.

He's a politician, not a doctor, but Clinton's view does line up with a growing body of evidence highlighting the risks of eating meat.

In Canada, a diet high in processed meat is 7th on a ranking of the top dietary risks for death, while a diet high in red meat is 14th, according to a 2015 report from the Canadian Medical Association.

Though the news seems dire for meat-lovers, other food experts paint a more complicated picture of meat's risks and benefits than headlines or statistics can convey.

The nuanced reality

Meat isn't "deadly," says Dr. Tom Wolever, a professor of nutritional sciences at the University of Toronto and medical staff member at St. Michael's Hospital. The bigger problem, he says, is portion sizes.

"Usually, you go to restaurants, and it's a huge portion of meat and one slice of carrot and not much else," Wolever says. "The portions need to be readjusted."

You can have a healthy diet and still eat meat in moderation, echoes Laura Rosella, a Canada Research Chair in population health analytics and an assistant professor at the University of Toronto's Dalla Lana School of Public Health.

"I think meat's being vilified a little bit, and the messaging isn't as nuanced as it should be," she says, adding the backlash began about five years ago.

Despite the furor, meat's nutritional benefits can't be ignored.

It's a valuable source of protein, vitamins A and B1, B12, niacin, iron, and zinc, notes Switzerland's 2015 review. It can also satiate hunger more so than other foods, Rosella says.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

From wackness to life and destiny

THE SHOW: The Get Down, Season 1, Episode 2 (Netflix)

THE MOMENT: The turntable lesson

In a secret apartment in a burned-out building in late-1970s Bronx, godlike DJ Grandmaster Flash (Mamoudou Athie) teaches his acolyte Shaolin Fantastic (Shameik Moore) to work a dual turntable.

"Now listen," Flash says, playing a dull stretch of song. "That is a void of useless nothing, the wackness. But —" he spins the record to a melodic hook, the get-down — "that is life and destiny."

Deftly, he spins one get-down while lining up the same spot on a second, identical disc, creating an endless, ecstatic loop of beat. Then he turns the volume down and lets both platters play while he slowly circles the room.

"You must be like Bruce Lee, never in disarray," he says. "Arrive, depart, the same every time." He flips the volume back on. The record is exactly on the get-down.

"How did you do that?" Shaolin cries.

"Because I know time," Flash purrs.

The first hour of this series, from acclaimed director Baz Luhrmann, is pretty disjointed. But stick with it, and you will spend the next several hours with a grin plastered to your face. Once he's established his milieu, the party begins — he soars from realism to magic realism, and keeps rising, like one of Flash's beats.

Luhrmann throws everything at the screen and doesn't care what sticks where: Kung Fu, disco, Star Wars, graffiti, audio cassettes, corrupt politicians, crooked developers, West Side Story, Arthurian legend, and a street gang straight out of Walter Hill's 1979 classic The Warriors. The result? Joy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Baz Luhrmann's The Get Down soars from realism to magic realism, and keeps rising, like DJ Grandmaster Flash's beats, writes Johanna Schneller. CONTRIBUTED

'I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.'

Gail Vaz-Oxlade

Thrifty vs. cheap

ADVICE

There's no shame in being smart with your money

Gail Vaz-Oxlade
For Metro Canada

I have known some cheap people. They are the folks who show up at a party with two bottles of beer and then drink a dozen. They are the ones who leave the tax and tipping to every one else at the table. They're the friends who forget their wallets, offer to pick up the next one, cry poor at every turn but are happy to have you foot the bill.

Hey, nobody likes a tightwad, which is why jokes about being cheap make us laugh. Ever hear the one about being tighter than paper on the wall? How about the one about squeezing a nickel 'til the beaver poops!

Thrifty is a whole 'nother matter. Articles abound about how to be thrifty with your shopping, cooking, entertaining, gardening, and gift-giving. And our focus on doing good for the environment (recycling, using reusable shopping bags, conserving energy) not only assuages our guilt, it's thrifty.

Benjamin Franklin was an apostle of thrift. He's famous for it and has left behind pithy little sayings like, "waste neither time nor money, but make the best use of both."

Your grandparents may not be famous, but they knew how to be thrifty too.

With lots of kids, far fewer financial resources, and NO CREDIT, they had to find ways to make do. They actually did better than make do; they had good lives. Did you know that the root of the word "thrift" is "thrive?"

If you've been erroneously associating thrift with being cheap, perhaps it's time to reorient your thinking.

It isn't about being stingy. It's about building prosperity through careful management of resources.

It isn't about being miserly. It's about embracing a way of life that lets ordinary people have a good life while they save and share.

Happily people seem to be shrugging off the "cheap" label and enjoying the idea of thrift. With the scare of an economy that's tilted precariously, folks have decided to embrace their thrift and take better care of their pennies.

I'll willingly admit to being thrifty.

The way I do this (mostly) is by not spending money on crap I don't need. If I need a lipstick, I buy a lipstick. I don't have 30 lipsticks sitting in purses and drawers.

If I want a new pair of shoes, I buy a new pair of shoes, but it's usually because I'm getting rid of a pair that's worn out, not because I'm adding to my "collection."

I hate throwing out food. I despise feeling like I've wasted my money on something because I didn't think about the purchase carefully. So I don't make myself feel bad. I do the thrifty thing and stay on the right side of my demons.

I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.

There are some things on which I spend a lot of money: books, plants for my garden, my pooch, Tabitha.

But that's money I have and I spend it liberally on purpose, not because I'm trying to impress or show off.

Being thrifty with your money is smart. Wasting it is dumb.

You get to decide which label you prefer.

For more money advice, visit Gail's website at gailvazoxlade.com

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YouTube's Lilly Singh keeps soaring

DIGITAL

Canadian star headed to Rio, talks about her mentor the Rock

Canadian YouTube star Lilly Singh has a laundry list of recent accomplishments.

This year alone, she's made Forbes' 30 Under 30 Hollywood & Entertainment list; had cameos in Bad Moms and Ice Age: Collision Course; announced a book deal; and is heading to the Rio Olympics with Coca-Cola to capture content.

One of the biggest accomplishments for the 27-year-old Toronto native, whose YouTube handle is IISuperwomanII?

"I've done a lot of really cool stuff but at the top of my accomplishment list is definitely collaborating with the Rock or just becoming friends with him," she said, referring to actor Dwayne Johnson, during an interview before Saturday's YouTube FanFest in Toronto.

"He's kind of like my mentor in certain situations."

Johnson recently appeared in a segment with Singh on her YouTube channel, which has over 9.5 million subscribers.

"I think his career should be a case study, to be honest," she said. "He has just maintained relevancy, he's such a hard worker and he's a really nice guy."

Singh was at YouTube FanFest to perform material from her new rap video Voices, which runs nearly 11 minutes long.

She said the video is about the evolution of herself, as a person.

"It was difficult to open that part of myself, because I'm so used to being one side of myself, on camera — the goofy, silly side of Lilly that's, like, dressing up as boys and doing silly things," she said.

"It was difficult for me to be like, 'OK, now I need to actually tune into my cocky side that we all undeniably have, tune into that side that's scared and just really be honest and raw."

The video blogger and comedian — who now lives in Los Angeles and wants to do more acting — is also opening up in her upcoming book, How to Be a Bawse: A Guide to Conquering Life, due out next March.

"I definitely am able to communicate things in a way I don't do in my videos, a different comedic tone," she said of the writing process. "It's kind of more sophisticated in some ways and it's more in-your-face."

While Singh's message of empowerment and female support is an inspiration to her fans, the person who has done that for her all her life has been her mom.

"My mom is the strongest person I know," she said. "She's funnier than me but she's such an inspiration to me."

In the entertainment industry, Singh said her inspirations include Johnson, of course, and Selena Gomez, whom she's also collaborated with.

"I think I'm really inspired by people who have maintained a certain level of values," said Singh.

"A lot of people are talented, a lot of people work hard, but continuously when I've talked about Dwayne or Selena — with anyone in the industry and when I met them myself — they have such an energy to them and such a groundedness to them that is most inspiring to me.

"Because you can be that rich and famous and busy and still be a fabulous person, and that's inspiring to me." THE CANADIAN PRESS

Lilly Singh walks the red carpet during the YouTube FanFest at the Molson Canadian Amphitheatre in Toronto on Saturday. TORSTAR NEWS SERVICE

Teachers head north to try to make a difference

ADVANCEMENT

Non-profit helps send instructors to First Nations communities

Kyle Hill, executive director at Teach for Canada, speaks at the organization's three-week training program in Thunder Bay this summer. CONTRIBUTED

Lyn Blackburde knew the Teach for Canada program was making a difference in her northern community when the kids suddenly stopped whining about going to class.

"It turned around from 'I don't want to come to school' to 'I can't wait until Monday, I want to go back to school.' They're disappointed that the weekend is there. They're really motivated," said Blackburde, principal at Big Grassy River First Nation's local school, in northwestern Ontario, near the Manitoba border.

"I took that chance and started to work with them and it was the best decision ever," she said.

Teach for Canada is a Toronto-based non-profit organization that works with First Nations communities to recruit teachers and prepare and support them during their two-year stints up north. They currently have 32 teachers getting ready to work in 13 indigenous communities this fall.

Kyle Hill, executive director at Teach for Canada, said a three-week summer enrichment program for the teachers in Thunder Bay aims to educate them about the history and culture of indigenous peoples, community values and norms, and mental health and wellness.

Northern communities have long struggled with education, often receiving teachers with little experience or appropriate training, and dealing with issues of isolation and high dropout rates.

To make sure the program is effective, Teach for Canada works directly with communities to ensure they get teachers that are right for them.

"We put together a database, a pool of teachers they can select from and that pool is highly qualified and prescreened, but they do the hiring," said Hill.

He said they make sure the communities are the centre of everything, and even fly down community members to Toronto and Ottawa for 90-minute interviews with teachers they've selected.

> **"It was a great sort of stepping stone to ... prepare me a little more for entering a First Nations community and beginning my teaching.** Allison Norman

"The community voice is always present at the table and has been a huge factor to our success. That has led to great teachers who are a good fit because they were selected by the communities," said Hill.

Blackburde was part of this process and was pleased to hear a number of teachers had already been lined up for her to interview.

"For Teach for Canada to have done the work with regards to finding the teachers, with the understanding they'll be coming into First Nations communities and working with First Nations people ... you know, that's half the battle right there."

Allison Norman, 38, is among the 32 teachers recently selected to teach in the north. She will be teaching Grade 6 in Eabametoong First Nation, also known as Fort Hope, which is a one-hour flight north of Thunder Bay.

Norman, who was born and raised in Toronto, had always wanted to work in the north and when she heard about Teach for Canada she saw it as the perfect opportunity.

"I thought it was a great sort of stepping stone to bridge the gap and prepare me a little more for entering a First Nations community and beginning my teaching," she said.

Norman has been enjoying the experience and says the training has already started to help her feel prepared after meeting with past teachers and learning more about indigenous culture.

"It's been great being able to talk to them and get some sort of insider information on what we can expect," she said. TORSTAR NEWS SERVICE

40%

A 2016 report from the C.D. Howe Institute says only four out of 10 young adults on reserves graduate from high school, compared to nine out of 10 non-indigenous students who graduate from high school.

YOU CAN DO THIS CARPENTER

‘A career I genuinely care about’

WHY I LIKE MY JOB

Chris Palmer, 34, Custom Carpenter for Hand Crafted by: Chris Palmer – Oshawa, ON

I never knew how much I loved wood until I started working with it full-time.

As a kid I was transfixed by TV shows like The New Yankee Workshop, which I think is what motivated me to enrol in Humber College’s industrial design program.

There, I gained valuable skills that enabled me to design and manufacture whatever I was passionate about.

Following graduation, I was hired on by a firm that specialized in the design of store displays; however, I noticed I was spending a lot of my spare time building things for fun in my garage.

I started crafting furniture for my sister, which ultimately inspired me to launch my custom carpentry business. Truthfully, I felt so much happier chasing a career that I genuinely cared about.

Since incorporating my business, I’ve been able to leverage my training in 3D CAD modelling and handcrafting to provide my clients with fully functional, long-lasting items like dining tables, sheds, garage doors, decks — you name it!

My philosophy is to simply allow my creativity to flow and to never give in to roadblocks.

THE BASICS: Carpenter

$48,568

Median annual salary for an intermediate-level carpenter. Those with advanced training and experience can earn upwards of **$76,000** annually.

+6%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.ca, onetonline.org and jobbank.gc.ca

HOW TO START

An apprenticeship program is the typical starting point for an aspiring carpenter. Most programs provide upwards of 5,400 hours of on-the-job training, enabling apprentices to earn a paycheque while in pursuit of a formal designation. Within four years, most apprentices will be fully trained for roles in residential and commercial construction, home renovations, furniture making and more.

WHERE YOU CAN GO

Carpentry is generally viewed as a safe, recession-proof industry. For one, the ongoing need for residential renovations and repairs has secured thousands of potential projects for years to come. Many opportunities exist in specialty woodworking shops, construction firms, manufacturing plants and government agencies. Alternative career paths include piecework carpentry (for those interested in crafting and repairing tables, chairs, cabinets or other wooden items) and self-employment.

NEXT CAREER STEP

An experienced carpenter may opt to pursue the Interprovincial Standards’ Red Seal designation, which authorizes professionals to work anywhere in Canada. College and university programs may also be of value to craftspeople seeking advanced roles as superintendents, site managers, project managers or safety directors.

metro RIO

Canadian boxer Arthur Biyarslanov hinted at a move to the pros in a Facebook post after his loss to Germany's Artem Harutyunyan

PHOTOS BY GETTY IMAGES

1 Fastest man alive — Usain Bolt of Jamaica won the men's 100 metres in a time of 9.81.

2 Golf's Rose-y return — Great Britain's Justin Rose won the first golfing gold medal at the Olympics in 112 years Sunday, beating Henrik Stenson of Sweden by two strokes.

3 Repeat champ — Andy Murray of Great Britain beat Argentina's Juan Martin Del Potro 7-5, 4-6, 6-2, 7-5 for his second consecutive gold in men's tennis singles.

4 Marathon woman — Jemima Jelagat Sumgong became the first Kenyan to win the women's Olympic marathon.

Canadian 100-metre bronze and beyond

RIO2016

De Grasse places third in showcase race, Bolt wins gold

Andre De Grasse proved once again that he can run with the best sprinters in the world.

The Canadian flew to a personal-best time of 9.91 seconds to take the bronze medal in the men's 100-metre sprint Sunday at the Rio Olympics.

"To be able to be a part of history here in Rio is amazing. I have so much to learn from that race. I just need to work harder for next year," the 21-year-old told CBC.

De Grasse beat his bronze-medal time from the 2015 world championships by one-hundredth of a second, trailing only the legendary Usain Bolt (9.81) and American sprinter Justin Gatlin (9.89) in a star-studded field.

Andre De Grasse
AFP/GETTY IMAGES

Bolt, who has stated this would be his last Olympics, won gold for the third straight Games.

"He feels like I'm the next one and I'm just trying to live up to it," De Grasse said of a post-race exchange he had with Bolt.

"I feel like I'm capable of doing it."

Athletics Canada head coach Peter Eriksson said De Grasse should be the favourite at the 2020 Tokyo Olympics.

"I think so definitely," Eriksson said. "He's now on the stage where he can be the greatest Canadian athlete ever."

The sprinter form Markham, Ont., kept Canada's medal streak alive. Canadian athletes have won at least one medal on every day of competition and sit 11th in the total medal standings with 13 (two gold, two silver, nine bronze).

He also is the first Canadian male athlete to win hardware in Rio. Canada's Olympic women claimed the country's first 12 medals.

De Grasse now shifts his focus to the 200 metres, which begins Tuesday and wraps up on Thursday night.

He will also compete in the 4x100-metre relay. The qualifying heats take place Thursday. The final is Friday night.

THE CANADIAN PRESS

RIO Trips to the podium

MacLennan leads Canadian charge Friday

Rosie MacLennan etched her name in Canadian Olympic history on Friday.

MacLennan delivered an impressive mix of flips, twists and jumps in her final routine to repeat as women's individual trampoline Olympic champion, becoming the first Canadian summer athlete to successfully defend an individual Olympic title.

Also Friday, Canadian rowers Lindsay Jennerich and Patricia Obee won silver medal in the women's lightweight double sculls and swimmer Hilary Caldwell added a bronze in the women's 200-metre backstroke.

Rosie MacLennan GETTY IMAGES

Theisen-Eaton claims heptathlon bronze medal

Brianne Theisen-Eaton of Humboldt, Sask., put a tough first day of the heptathlon behind her and fought back for a bronze medal Saturday.

Earlier in the day, Canada's track cycling team defeated New Zealand to win the pursuit bronze. Kirsti Lay, Allison Beveridge, Georgia Simmerling and Jasmin Glaesser made up the team. THE CANADIAN PRESS

metro SPORT

With Giancarlo Stanton injured, the Miami Marlins are discussing whether to reach out to recently released Alex Rodriguez.

Strong Stroman on cloud nine after taming Astros

MLB

Jays ace helped out by Martin and Tulowitzki to clinch series

Marcus Stroman continued his stretch of solid starts on Sunday afternoon, limiting the opposition to one earned run for the third time in five starts as the Blue Jays defeated the Astros 9-2.

Stroman (9-5) allowed two runs, one earned, on five hits while striking out eight. The 25-year-old has won three of his last four decisions after dropping four of his previous six.

"I've been feeling good lately," he said. "It felt like any other day, just got rolling and felt like I had pretty good action on my pitches early."

The victory moves the Blue Jays to a season-high 16 games above .500. Toronto (67-51) has now won six of their last 10 series, going 12-7 in that stretch. The Astros (61-57) have dropped consecutive games after winning four straight on the road.

Troy Tulowitzki and Martin hit back-to-back home runs in the fifth inning to blow the game open for the Blue Jays, who have now won nine of their last 13 in Toronto.

Tulowitzki put Mike Fiers' fastball into the second deck at Rogers Centre for a two-run home run giving the Blue Jays a 4-1 lead. Martin followed it up by taking Fiers' first pitch yard for his 10th homer of the season — it marks the seventh time this season the Blue Jays have hit back-to-back home runs.

Martin's long ball knocked Fiers (8-6) from the game. The Astros starter went 4 2/3 innings allowing five earned runs on seven hits while striking out seven.

"Hit some homers. Everybody always says, 'Well there's more to it than that', but that's accurate, that's what we do best," said manager John Gibbons of the Blue Jays out-scoring the Astros 16-9 in the three-game series. "We've got guys that when they're hitting them… the key is to get some guys on base and then pop one here or there."

Martin showed off his defensive game in the seventh, leaning into the Astros dugout to grab an Alex Bregman foul ball.

"You don't get those opportunities very often," Martin said. "It was just nice that it came up in a big situation and kind of sparked the guys after — them hitting the ball hard, weathered the storm a little bit and got us back in the right direction."

Edwin Encarnacion gave the Blue Jays a 6-2 lead, hitting a solo home run off of Luke Gregerson in the seventh. The homer ties Encarnacion with Baltimore's Mark Trumbo for the Major League lead (33).

Marcus Stroman picked up his ninth win of the season as he cooled off the Houston Astros' hot bats at Rogers Centre Sunday afternoon. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto put up another three spot in the eighth, increasing its lead to seven.

Melvin Upton Jr. delivered an RBI single and later scored while Josh Donaldson was issued a bases loaded walk by Astros reliever James Hoyt.

The Blue Jays got to Fiers early, taking a 1-0 lead on Tulowitzki's RBI single in the first. The veteran shortstop finished the day 3 for 4 with three runs batted in.

Astros shortstop Carlos Correa extended his hit streak to a career-best 10 games with a leadoff single in the second, and later scored on a Stroman throwing error tying the game 1-1.

THE CANADIAN PRESS

AL EAST

	W	L	PCT.	GB
Jays	67	51	.568	-
Orioles	66	51	.564	.5
Red Sox	64	52	.552	2
Yankees	60	57	.513	6.5
Rays	47	69	.405	19

THE ASSOCIATED PRESS

RIO2016

Lochte robbed at gunpoint

The U.S. Olympic Committee says Ryan Lochte and three other American swimmers were robbed by armed men who stopped their taxi.

USOC spokesman Patrick Sandusky says Lochte and the others left the French Olympic team's hospitality house early Sunday in a taxi headed for the athletes village, hours after the last night of Olympic swimming.

He says "the taxi was stopped by individuals posing as armed police officers who demanded the athletes' money and other personal belongings."

Sandusky says the four swimmers are "safe and cooperating with authorities."

Lochte swam in two events at the Rio Games, winning gold in the 4x200-metre freestyle relay.

Ryan Lochte GETTY IMAGES

Lochte and three other American swimmers were robbed at gunpoint early Sunday by thieves posing as police officers who pulled over their taxi and took cash and credit cards.

Nobody was hurt, but Lochte told NBA's "Today" show that one of the robbers put a cocked gun to his head and ordered him to get on the ground.

Street crime is among the litany of problems the Olympics has struggled with. Brazil deployed 85,000 soldiers and police to secure the first games in South America.

But last week a Brazilian security officer was fatally shot after taking a wrong turn into a slum, two Australian rowing coaches were attacked and robbed in Ipanema and Portugal's education minister was held up at knifepoint on a busy street.

In addition, stray bullets have twice landed in the equestrian venue, and two windows were shattered on a bus carrying journalists in an attack that local organizers blamed on rocks and others claimed was gunfire.

THE ASSOCIATED PRESS

GOLF

Moore holds nerve for John Deere win

Ryan Moore won the John Deere Classic on Sunday for his fifth PGA Tour title, closing with a 4-under 67 for a two-stroke victory over Ben Martin.

The 33-year-old Moore finished at 22-under 262 at TPC Deere Run, playing the final 46 holes without a bogey and making only one in 72 holes. He won for the first time since successfully defending his CIMB Classic title in Malaysia in 2014.

Martin had three straight back-nine birdies in a 68.

South Korea's Whee Kim shot 67 to tie for third with Morgan Hoffmann (71) at 17 under.

Moore birdied Nos. 2, 4, 9 and 10 and closed with eight pars. He had a five-stroke lead when Hoffmann bogeyed the 12th hole. Martin, playing with Moore in the final twosome, birdied Nos. 12-14, but couldn't get closer than two strokes. Martin parred his last four holes, and Hoffmann his final six. THE ASSOCIATED PRESS

IN BRIEF

Panthers shuffle staff

Carolina Panthers special teams co-ordinator Bruce DeHaven has decided to step down from his position and move into an advisory role with the team while continuing his battle with prostate cancer.

The team announced Sunday that Thomas McGaughey has been promoted to special teams co-ordinator and Chase Blackburn to special teams assistant.

THE ASSOCIATED PRESS

MLB

Betts belts three as Sox see off Greinke

Mookie Betts hit three home runs and drove in a career-best eight runs and Dustin Pedroia collected five hits to power the Boston Red Sox to a 16-2 rout of the Arizona Diamondbacks on Sunday.

Rick Porcello became the first Red Sox pitcher in 70 years to open a season 12-0 at Fenway Park, improving his overall record to 16-3 as Boston completed a three-game sweep of Arizona.

Betts had two chances to hit a fourth homer, but lined out to right and then grounded out in the eighth inning. The crowd chanted 'Let's Go Mookie!' before his final at-bat.

Outfielder Jackie Bradley Jr. chipped in with a two-run homer for the Red Sox, who closed a six-game homestand at 4-2.

Diamondbacks' staff ace Zack Greinke (11-4) was tagged for three homers and nine runs in 1 2/3 innings.

THE ASSOCIATED PRESS

Reds give Arsenal their Phil

PREMIER LEAGUE

Liverpool open with a bang, Man United cruise to win

A rampant Liverpool came from behind to beat Arsenal 4-3, while Manchester United began its new era under Jose Mourinho with a 3-1 win at Bournemouth in the opening games of their English Premier League seasons on Sunday.

Theo Walcott put Arsenal ahead at Emirates Stadium, but his side was soon overwhelmed after Liverpool levelled through Philippe Coutinho on the stroke of halftime and then raced into a 4-1 lead after the break.

Hit by injuries to Arsenal's first-team regulars, a youthful second-string defence was torn to pieces by Liverpool's fluent passing and clinical finishing in the second half. Classy goals by Adam Lallana, Coutinho and Sadio Mane put the Reds in control before Alex Oxlade-Chamberlain and Calum Chambers scored to give Arsenal hope, in vain.

Philippe Coutinho curls in a free kick against Arsenal at the stroke of halftime on Sunday at the Emirates Stadium. MIKE HEWITT/GETTY IMAGES

Liverpool manager Jurgen Klopp, in his first full season in charge, saw both sides of a sensational result.

"Scoring four goals is wonderful, conceding three is the opposite of that emotion," he said. "It was hard work but a deserved win in the end. It feels brilliant at the moment, actually.

"We were far away today from showing our whole quality," he added. "But we showed a few nice signs, a few not-so-nice signs."

The signs were not so encouraging for Arsenal, which already looks to be struggling to meet fans' expectations after finishing as runner-up to Leicester last season.

With his team booed off the pitch, as much for the club's lack of new signings as for another season-opening defeat, Arsenal manager Arsene Wenger pointed to Coutinho's equalizer as the turning point.

"Of course we are bitterly disappointed," said the Frenchman, who will mark his 20th year in charge next month. "It was a contrast between the two halves. We lost this game for many reasons and one of them is (the impact) of Liverpool making it 1-1 just before half-time."

No such excuses from Mourinho, whose first league game in charge of United was a far more comfortable affair and included a fine goal by 34-year-old Zlatan Ibrahimovic on his Premier League debut.

Juan Mata opened the scoring five minutes before halftime and captain Wayne Rooney headed United's second in the 59th before Ibrahimovic rifled home a shot from 25 yards. Adam Smith later scored Bournemouth's consolation goal.

Mourinho was delighted with the victory and Ibrahimovic, whose role at United is expected to go beyond the pitch.

"The first thing I can tell you is that his table for breakfast and his table for meals, he is surrounded by the young ones, surrounded by the kids," Mourinho said. "Luke Shaw, Marcus Rashford, these are the guys that are with him on the table. So he knows what he can be for them.

"But for the team, you have to forget the passport, you have to forget 34 years old, because the body and the mentality is not of a 34-year-old guy. So, I think he's at the top of his qualities."

THE ASSOCIATED PRESS

WEEK 1 MATCHES

SATURDAY
Hull City 2, Leicester 1
Swansea 1, Burnley 0
West Brom 1, Crystal Palace 0
Tottenham 1, Everton 1
Stoke 1, Middlesbrough 1
Watford 1, Southampton 1
Man City 2, Sunderland 1

SUNDAY
Man United 3, Bournemouth 1
Liverpool 4, Arsenal 3

MONDAY
West Ham at Chelsea

> **"The body and the mentality is not of a 34-year-old guy.**
> Jose Mourinho on Manchester United striker Zlatan Ibrahimovic

NFL TEXANS COME BACK TO BEAT NINERS Houston Texans running back Lamar Miller takes a hit by strong safety Antoine Bethea of the San Francisco 49ers during the first quarter of Sunday's pre-season at Levi's Stadium in Santa Clara, Calif. The Texans rallied in the second half to win 24-13. THEARON W. HENDERSON/GETTY IMAGES

NFL

Montgomery eyeing Packers' WR job

As he lay on the ground, Ty Montgomery caught several passes thrown by wide receivers coach Luke Getsy from in front of and behind the young Green Bay receiver Sunday.

Even on what was supposed to be a day off for him from practice, Montgomery didn't feel compelled to just stand around as his teammates worked.

Finally back on the field after missing most of his rookie season in 2015 because of an ankle injury, Montgomery is playing catch-up as he tries to win back a roster spot.

"I'm excited to be a part of this competition right now," Montgomery said after practice Sunday.

The belated debut of Montgomery in training camp last week added to what's already been a highly competitive pre-season battle among a deep pool of candidates at receiver.

And the return of Montgomery may have come at a good time since the Packers are without Jeff Janis for at least this week.

Janis suffered a broken right hand in practice Wednesday and didn't play Green Bay's first pre-season game two days later. The third-year pro watched Sunday's practice with a cast on the injured hand.

Ty Montgomery GETTY IMAGES

The indefinite loss of Janis, who had a breakout game in the playoffs last season, comes as the Packers still are waiting on veteran standout Jordy Nelson (knee) to be activated from the physically unable to perform list.

After Nelson and fellow starter Randall Cobb, the Packers have several candidates making their case for the few remaining receiver spots to be filled for the start of the season next month.

"It's very, very competitive, but that's what you want," Montgomery said. "You know for a fact that the guys that do make the team are going to be really good guys, going to be some playmakers."

Taken in the third round of the draft, Montgomery played only the first six games last season before he sustained what turned out to be a severe ankle injury in a win over the Chargers on Oct. 18.

Montgomery had surgery on the ankle in December and spent the entire off-season as well as the first two weeks of training camp in recovery mode.

THE ASSOCIATED PRESS

IN BRIEF

Barca upend Sevilla to open Spanish Super Cup

Luis Suarez and Munir El Haddadi scored in the second half to give Barcelona a 2-0 win at Sevilla in the first leg of the Spanish Super Cup Sunday.

Arda Turan set up Suarez with a wonderful chested pass in the 54th minute after Denis Suarez found him in the area with a well-placed lob.

THE ASSOCIATED PRESS

Guce closes in on tour card

Clariss Guce moved into position to earn an LPGA Tour card for next season, winning the Decatur—Forsyth Classic on Sunday for her second Symetra Tour title of the year.

The 26-year-old former Cal State Northridge player closed with a 1-under 71 for a two-stroke win.

THE ASSOCIATED PRESS

Giants down key pair

New York Giants first-round draft pick Eli Apple has a strained knee and his status is being listed as day to day.

Coach Ben McAdoo also said Sunday that receiver Victor Cruz is still being bothered by a groin problem and is day to day.

THE ASSOCIATED PRESS

RECIPE Leek and Artichoke Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this light but creamy frittata. Leeks and artichokes give it gorgeous colour and delicious texture.

Ready in 20 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) of artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

Directions

1. Preheat the oven to 350 F.

2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.

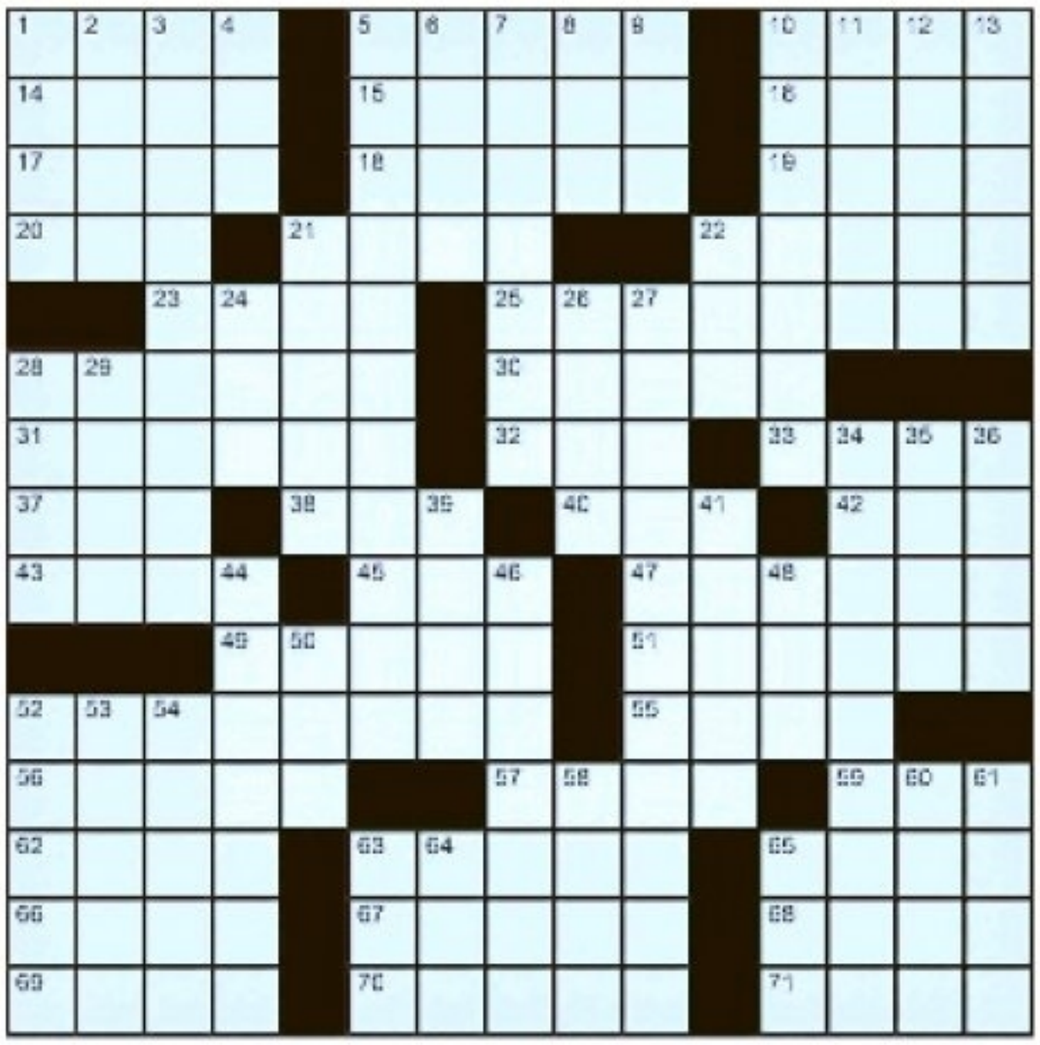
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.

4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Olympic sport
5. Pesto ingredient
10. 1700, fancy-style
14. Snake, for one
15. 1st Greek letter
16. Spoken
17. Sulk
18. Pre-euro moneys
19. Canadian hardware store
20. Chemical suffix
21. L.A.'s state
22. Ransacks
23. Watered down
25. RIO 2016: Pool prop, sometimes: 2 wds.
28. RIO 2016: 1976 Summer Olympics location... Montreal, __
30. Theme
31. Not hurting, say
32. College campus gr.
33. Philharmonic gr.
37. Perform
38. Camel hair cloth
40. That fellow
42. Goth rocker's music
43. Heave
45. And so on [abbr.]
47. Maidens of ancient myth
49. RIO 2016: ITA is its IOC country code
51. RIO 2016: Ancient Olympics land
52. RIO 2016: __ Gymnastics
55. Pear variety
56. Poetic feet
57. Diving bird
59. W5 extra
62. One of Andy Warhol's Superstars
63. RIO 2016: Olympics land in 2008
65. Carrot dessert
66. Pate de foie ...quoi?
67. Skincare product
68. Monster
69. Leaky balloon sounds
70. Unyielding
71. Tide type

DOWN
1. Early-'80s hit: "She's a Bad Mama __"
2. Stratford-__-Avon
3. RIO 2016: They're randomly conducted to ensure athletes are 'clean': 2 wds.
4. Lyric poem
5. RIO 2016: Gymnastics apparatus: 2 wds.
6. 50 Cent's "Just __ Bit"
7. RIO 2016: Quick race events
8. Smashing Pumpkins co-founder James
9. __ Vegas
10. RIO 2016: IOC country where Casablanca is
11. Dribble
12. "Why __?" (Permission-pleader's query)
13. Necklace part
21. Cutlass __ (Oldsmobile model, formerly)
22. Flowery necklace
24. TV network
26. "Wooow!"
27. RIO 2016: Diving event
28. Li'l boggy spot
29. Donald Duck, to his nephews
34. RIO 2016: Chance for runners-up to continue to the next round in some sports
35. Crown corporation, e.g.
36. Stockings
39. Mythical Hun king
41. RIO 2016: The Discus Thrower sculptor of ancient Athens
44. Animal Planet rescue dogs show: 2 wds.
46. RIO 2016: 'Men's Omnium Points Race 6\6' is an event in what sport?
48. Not yous
50. Ordinal suffixes
52. RIO 2016: Men's gymnastics apparatus
53. Whiskers
54. Lettered gyms
58. R.E.M.'s "The __ Love"
60. Pod vegetable
61. Cry
63. Midpoint [abbr.]
64. __ polloi
65. Defraud

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is full of unusual, fun-filled possibilities! Unexpected invitations to social or sports events are likely. Romance and children could be sources of surprise.

Taurus April 21 - May 21
Something pleasant and unexpected will affect your home and family today. An impromptu gathering might take place. You might hear surprise news related to real estate.

Gemini May 22 - June 21
Road trips are just one reason you will see new places and meet new faces today. It's not a boring day! Stay light on your feet so that you can go with the flow.

Cancer June 22 - July 23
Keep an eye on your money and wealth today. You might find money; you might lose money. Protect what you own from loss or theft. A moneymaking idea might take off!

Leo July 24 - Aug. 23
This is an exciting day for Leos! Whatever happens, it is fresh, novel and different! You have a heightened perception of the world around you. Discussions will be frank.

Virgo Aug. 24 - Sept. 23
This is an exciting day for you. However, the source of your excitement is private or behind the scenes. Write down some of your clever ideas.

Libra Sept. 24 - Oct. 23
You will meet interesting people today. This could be because of a group involvement, the introduction of a friend or because you might be traveling. You love the stimulation.

Scorpio Oct. 24 - Nov. 22
Interactions with authority figures might surprise you today. Someone might do something you'd least expect; however, it will please you. (One hopes.)

Sagittarius Nov. 23 - Dec. 21
Sudden opportunities to travel will materialize today. (Again?) Likewise, chances to take a course or to get further training will excite you. You're going places!

Capricorn Dec. 22 - Jan. 20
Stay in touch with bank details regarding shared property, taxes, insurance matters and inheritances, because something unexpected will occur.

Aquarius Jan. 21 - Feb. 19
A friend or partner will surprise you by doing or saying something unexpected today. But the surprise might delight you. Something will make you feel liberated and younger!

Pisces
Feb. 20 - March 20
Opportunities for advancement exist at work today. Some of you will encounter new technology; others will meet new friends and co-workers. This is an exciting day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6					4			5
		9		1				
			7				2	1
1		2		9		3		6
9	6				1			
				4		2		
2			6					4
	1		9	8			7	

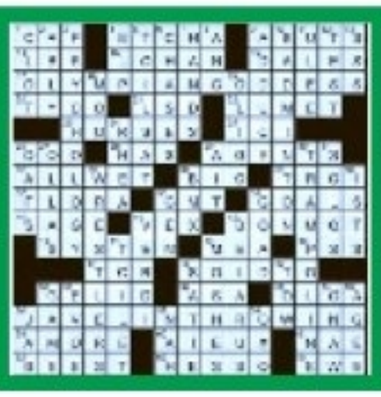
Difficulty Level ★★

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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2	7	6	5	4	3	8	1	9
1	4	5	7	9	8	3	2	6
9	8	3	2	1	6	5	7	4
8	6	2	3	5	4	1	9	7
5	1	4	9	8	7	2	6	3
7	3	9	6	2	1	4	8	5

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LIST PRICE: $21,220	LEASE FOR		OR PAY ONLY	
CASH PRICE! $18,720	$52 WEEK	$0 DOWNPAYMENT!	$58 WEEK	$0 DOWNPAYMENT!

2017 Kia SPORTAGE AWD K57037

AT NO EXTRA CHARGE! BLOCK HEATER! WHEEL LOCKS! SECURITY ETCHING! COMPLIMENTARY OIL CHANGES!

LIST PRICE: $29,220	LEASE FOR		OR PAY ONLY	
CASH PRICE! $28,220	$81 WEEK	$0 DOWNPAYMENT!	$88 WEEK	$0 DOWNPAYMENT!

2017 Kia SORENTO LX K570ED

AT NO EXTRA CHARGE! BLOCK HEATER! WHEEL LOCKS! SECURITY ETCHING! COMPLIMENTARY OIL CHANGES!

LIST PRICE: $29,420	PAY ONLY		
CASH PRICE! $27,920	$85 WEEK	$0 DOWNPAYMENT!	KIA HAS BEEN AWARDED THE HIGHEST SCORE IN INITIAL QUALITY FOR ALL AUTOMOTIVE MANUFACTURERS FROM JD POWER. SOURCE: JD POWER 2016 U.S. INITIAL QUALITY STUDY

NORTHLAND KIA

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5100 SHAGANAPPI TRAIL NW (JUST OFF CROWCHILD TRAIL)

*PLEASE READ: ALL OFFERS OAC. ALL REBATES TO DEALER. SAVINGS REFLECT MAXIMUM AMOUNT BY VEHICLE LINE. EMPLOYEE PRICE OFFER APPLIES TO NEW KIA VEHICLES ONLY. ALL OFFERS INCLUDE FREIGHT, PDI AND FEES AND EXCLUDE GST. LIST PRICE INCLUDES $1298 FOR BLOCK HEATER, WHEEL LOCKS, SECURITY ETCH AND LIFETIME OIL CHANGES. LEASE PAYMENTS BASED ON 60 MONTH TERMS @ 0.9% (SOUL), 3.9% (SPORTAGE) WITH $0 DOWNPAYMENT AND 16,000 KM/YR DRIVING LIMIT. WEEKLY PAYMENTS BASED ON 84 MONTH TERMS @ 0% (SOUL), 0.9% (SORENTO), 1.9% (SPORTAGE) COST OF BORROWING=$0 (SOUL). PRIOR SALES NOT ELIGIBLE. OFFERS END 08/31/16. VEHICLES DEPICTED MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. SEE DEALER FOR FULL DETAILS.

5 YEAR 100,000 KM WARRANTY

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

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KIA
The Power to Surprise

BIG4 IT'S JEEP SEASON! BIG4

UP TO **$9,000** IN SAVINGS ON SELECT JEEPS!

CALGARY'S ORIGINAL Jeep STORE Since 1976

OR GET **0% FINANCING** ON JEEP MODELS!

0% FINANCING FOR UP TO 84 MONTHS!

100 CHEROKEES AVAILABLE!

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16J154 • BACKUP CAM

$29,995 OR $159/BW

2016 JEEP CHEROKEE LIMITED 4X4

16J121 V6 • LEATHER • THE WORKS!

$39,995 OR $212/BW

2016 JEEP CHEROKEE NORTH 4X4

16J053 • V6 • AUTO START • BACKUP CAM & MORE!

$33,995 OR $175/BW

DEMO SPECIAL! UNDER 5,000 KM!

2016 JEEP PATRIOT 4X4

HIGH-ALTITUDE EDITION

L-137 • LOADED WITH AUTO • HEATED LEATHER SEATS • SUNROOF
ALLOY WHEELS • FOG LAMPS • BLUETOOTH AND MUCH, MUCH MORE!

4x4 CALGARY'S BEST DEAL! **$20,990**

OR PAY $136 BIWEEKLY

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0% FINANCING FOR 72 MONTHS! **$34,998**

OR PAY $193 BIWEEKLY

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AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 6.99% (PATRIOT), 1.99% (CHEROKEE) 2.99% (WRANGLER) WITH $0 DOWNPAYMENT. COB=$4,278 (L137). *ALL REBATES TO DEALER (INCLUDING ALL JEEP LOYALTY/CONQUEST CASH. MUST HAVE A JEEP OR COMPETITIVE SUV TO QUALIFY). VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

WOOD AUTOMOTIVE GROUP